Peterborough
FAMILY HEALTH TEAM

Programs & Workshops

October 2026 – March 2027

Our health programs and workshops are **free** for people living in Peterborough city and county. You can sign up online or by calling our program office.

If the program is online, we will use Zoom. After you sign up, we'll send you a Zoom link closer to the date. For in-person programs, come to 185 King St, Suite 500 in Peterborough.

705-740-8020 www.peterboroughfht.com

Anxiety Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, November 5, 2026	10:00am – 12:00pm	In Person	185 King St, Suite 500
Wednesday, December 9, 2026	10:00am – 12:00pm	Virtual	Zoom
Wednesday, February 3, 2027	9:30 – 11:30am	Virtual	Zoom
Wednesday, March 24, 2027	9:30 – 11:30am	In Person	185 King St, Suite 500
Blood Sugar Basics		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Friday, November 13, 2026	10:00am – 12:00pm	In Person	185 King St, Suite 500
Thursday, December 10, 2026	9:30 – 11:3am	Virtual	Zoom
Friday, January 29, 2027	2:00 – 4:00pm	Virtual	Zoom
Thursday, March 11, 2027	9:30 – 11:30am	In Person	185 King St, Suite 500

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Being with Chronic Pain		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays, October 14, 2026	10:00am - 12:00pm	In Person	185 King St, Suite 500
Wednesdays, February 17, 2027	10:00am – 12:00pm	Virtual	Zoom
Heart Health		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Friday, November 13, 2026	1:30 – 3:30pm	In Person	185 King St, Suite 500
Wednesday, February 10, 2027	2:00 – 4:00pm	Virtual	Zoom
Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Wednesday, October 7, 2026	12:00 – 2:00pm	In Person	Curve lake Wellness building
Thursday, November 5, 2026	1:30 – 3:30pm	In Person	185 King St, Suite 500
Wednesday, December 9, 2026	2:00 – 4:00pm	Virtual	Zoom
Wednesday, February 3, 2027	2:00 – 4:00pm	Virtual	Zoom
Wednesday, March 24, 2027	1:30 – 3:30pm	In Person	185 King St, Suite 500
Mindfulness for Anxiety and Depression		2 hours weekly for 10 weeks	
Program Date(s)	Time	Mode	Location
Tuesdays, October 13, 2026	9:30 – 11:30 am	In Person	185 King St, Suite 500
Tuesdays, January 26, 2027	10:00am – 12:00pm	Virtual	Zoom

Pathways to Wellbeing – Pilot Program		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Tuesday, October 13, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500
Tuesdays, January 26, 2027	2:00 – 4:00pm	Virtual	Zoom
Understanding Sleep and Insomnia		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Wednesday, October 14, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500

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