

Programs & Workshops

October – December 2024

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Our programs and workshops are available to residents of Peterborough city & county. The in-person programs take place in downtown Peterborough on King Street unless otherwise stated. Please register by visiting our website or calling the Program Office.

Please note that programs and workshops are now **offered in person** unless indicated otherwise. This may change with each schedule.



705-740-8020



www.peterboroughfht.com

Program / Workshop

Date & Time

Anxiety workshop (*PILOT*)
*Offered virtually**

- *Friday, November 1 | 9:30 – 11:30 AM
- Thursday, December 5 | 2:00 – 4:00 PM

Being with Chronic Pain

- Wednesday, October 9 | 2:00 – 4:00 PM

Blood Sugar Basics workshop
*Offered virtually**

- Thursday, October 17 | 2:00 – 4:00 PM
- Wednesday, November 6 | 9:30 – 11:30 AM
- *Thursday, December 5 | 9:30 – 11:30 AM

Heart Health workshop

- Thursday, November 14 | 9:30 – 11:30 AM

Introduction to Sleep & Insomnia
*Offered virtually**

- Wednesday, October 23 | 9:00 – 11:00 AM
- *Monday, December 2 | 2:00 – 4:00 PM

Mindful Eating

- Thursday, October 3 | 9:30 – 11:30 AM

Mindfulness for Anxiety & Depression

- Tuesday, October 8 | 9:00 – 11:00 AM

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Program / Workshop

Date & Time

Mindfulness for Stress

- Tuesday, October 8 | 2:00 – 4:00 PM

Mindfulness Tools for Daily Living

- Monday, November 4 | 9:30 – 11:30 AM

Mindfulness Reconnect

You must register for the Reconnect you wish to attend. Space is limited.
*Offered Virtually**

- *Friday, October 4 | 9:30 – 11:00 AM
- Wednesday, October 16 | 9:30 – 11:00 AM
- *Monday, November 4 | 2:00 – 3:30 PM
- Wednesday, November 20 | 9:30 – 11:00 AM
- *Thursday, December 12 | 2:00 – 3:30 PM
- Monday, December 16 | 9:30 – 11:00 AM

Not What I expected

- Tuesdays, September 10 | 1:00 – 3:30 PM

Understanding Sleep & Insomnia

- Monday, October 21 | 2:00 – 4:00 PM

