

# 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](http://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

- Wednesdays  
October 9 – December 11 | 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

- Thursdays  
October 3 – November 7 | 9:30 – 11:30 AM

Mindfulness for Anxiety & Depression

- Tuesdays  
October 8 – December 10 | 9:00 – 11:00 AM

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## Program / Workshop

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Mindfulness for Stress

- Tuesdays  
October 8 – December 10 | 2:00 – 4:00 PM

Mindfulness Tools for Daily Living

- Mondays  
November 4 – November 25 | 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 – October 29 | 1:00 – 3:30 PM

Understanding Sleep & Insomnia

- Mondays  
October 21 – December 9 | 2:00 – 4:00 PM

