

Groups Schedule



Fax referral forms to 905-667-4873 | Questions? Call 905-667-4852

email: mentalhealth.groups@hamiltonfht.ca or nutrition.groups@hamiltonfht.ca

*TBD = Once we have enough referrals, a group will be booked. The location will indicate whether groups will be in-person or virtually.

Group	Date	Location	Referral Type	Notes
YOUTH GROUPS (ages 14-18)				
Anxiety/Depression				
Social Anxiety for Youth	TBD	TBD	Referral Required	
Youth CBT for Depression & Anxiety	TBD	TBD	Referral Required	
Emotion Regulation				
Youth Coping Skills Group	TBD	TBD	Referral Required	
Youth Coping Skills Group Caregiver Session	TBD	TBD	Referral Required	
Wellness				
AFFIRM	TBD	TBD	Referral Not Required Youth should register at www.projectyouthaffirm.org	
Team Unbreakable	TBD	TBD	Referral Required	

ADULT GROUPS (ages 19+)

Alcohol Use

DA VINCI	TBD	TBD	Referral Required	
DrinkWise	TBD	TBD	Self-referrals accepted	

Anxiety

Managing Anxiety Group	September Monday Evenings	Virtual Group	Referral Required	Full
	October Thursday Evenings	Virtual Group	Referral Required	Full
	November Tuesday Evenings	Virtual Group	Referral Required	
	November Wednesday Evenings	Virtual Group	Referral Required	Full
Social Anxiety Group	TBD	TBD	Referral Required	

Chronic Pain

Living Better with Pain	October Tuesday Mornings	Virtual Group	Referral Required	
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Cooking Skills

Cooking on a Budget	TBD	TBD	Self-referrals accepted	
Cooking for Better Health: Beginner Cooking Series	TBD	Virtual Group	Self-referrals accepted	
Depression				
Coping with Depression Group	September Wednesday Evenings	Virtual Group	Referral Required	Full
	October Tuesday Evenings	Virtual Group	Referral Required	

Diabetes				
Eating and Living Well with Diabetes	September Friday Afternoons	Virtual Group	Referral Required	
Supermarket Smarts: Diabetic Specific Grocery Tour	TBD	TBD	Referral Required	
Cooking for Better Health: Diabetes Friendly Cooking Series	TBD	TBD	Referral Required	
Disordered/Emotional Eating				
Binge Eating Disorder Group	September Tuesday Evenings	Virtual Group	Referral Required	Full
Mindful Eating: Emotional Eating & Food Craving Group	September Wednesday Afternoons	Virtual Group	Referral Required	
	October Wednesday Afternoons	Virtual Group	Referral Required	
	November Tuesday Afternoons	Virtual Group	Referral Required	
Emotion Regulation				
Introduction to Coping Skills	September Monday Evenings	Virtual Group	Referral Required	Full
Coping Skills Adult Group	September Wednesday Evenings	Virtual Group	Referral Required	Full

Coping Skills Adult Group	September Monday Evenings	Virtual Group	Referral Required	Full
Skills for Emotion Regulation & Self-Compassion	September Tuesday Evenings	Virtual Group	Referral Required	Full
	October Thursday Evenings	Virtual Group	Referral Required	Full

Healthy Eating				
Healthy You	September Tuesday Evenings	Virtual Group	Self-referrals accepted	
	October Wednesday Evenings	Virtual Group	Self-referrals accepted	
	November Wednesday Evenings	Virtual Group	Self-referrals accepted	
Supermarket Smarts: Health & Wellness Grocery Tour`	TBD	TBD	Self-referrals accepted	
Heart Health				
Cooking for Better Health: Heart Health Cooking Series	TBD	TBD	Self-referrals accepted	
Ongoing Nutrition Support				
Change for Life	3rd Wednesday of every month	Virtual Group	For participants who have completed either Binge Eating Disorder, Healthy You or Mindful Eating Group	
Wellness				
CBT for Insomnia Workshop	October Tuesday Afternoon	Virtual Group	Self-referrals accepted	
Women Working Towards	September Tuesday Evenings	Virtual Group	Referral Required	

Wellness	November Wednesday Evenings	Virtual Group	Referral Required	
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