

Things to know:

- You must pre-register for all of our online groups.
- Some groups require a referral from your HFHT health care provider, and other groups are available to anyone who is a patient of the Hamilton Family Health Team.
- Groups are held Monday-Friday.

Groups Contact Info:

905-667-4852 • Nutrition.Groups@hamiltonfht.ca • MentalHealth.Groups@hamiltonfht.ca

Groups For Adults

Alcohol Use	How long is the group?	Do I need a referral?
DrinkWise	5 weeks, 1.5 hours	Yes
Anxiety/Depression	How long is the group?	Do I need a referral?
Managing Anxiety	6 weeks, 2 hours	Yes
Social Anxiety	5 weeks, 2 hours	Yes
Coping with Depression	5 weeks, 2 hours	Yes
ACT Matrix	5 weeks, 1.5 hours	Yes
Caregivers		
How to Support Your Child or Youth With An Eating Disorder: For Caregivers	4 weeks, 1.5 hours	Yes
Caregiver Workshop: Emotion Focused Strategies For Supporting Your Child or Youth	6 weeks, 2 hours	No
Chronic Pain	How long is the group?	Do I need a referral?
Living Better With Pain	6 weeks, 1.5 hours	Yes
Diabetes	How long is the group?	Do I need a referral?
Eating and Living Well with Diabetes	2 weeks, 1.5 hours	No
Disordered/Emotional Eating	How long is the group?	Do I need a referral?
Binge Eating Disorders	19 weeks, 2 hours	Yes
Mindful Eating: Emotional Eating and Food Craving Management	6 weeks, 2 hours	Yes

GROUPS FOR ADULTS CONTINUED

Gut Health & IBS Management	How long is the group?	Do I need a referral?
Gut Health & IBS Management	4 weeks, 1.5 hours	No
Healthy Eating	How long is the group?	Do I need a referral?
Healthy You	6 weeks, 1.5 hours	No
Heart Health	How long is the group?	Do I need a referral?
Heart-Smart Eating	2 weeks, 1.5 hours	No
Infant Feeding	How long is the group?	Do I need a referral?
Infant and Toddler Feeding	2 weeks, 1.5 hours	No
Managing Emotions	How long is the group?	Do I need a referral?
Emotion Regulation and Self-Compassion	5 weeks, 2 hours	Yes
Introduction to Coping Skills	5 weeks, 2 hours	Yes
Coping Skills	16 weeks, 2 hours	Yes*
*Must have completed Introduction to Coping Skills		
Ongoing Nutrition Support	How long is the group?	Do I need a referral?
Change for Life	Monthly, 1.5 hour	No
Sleep Issues	How long is the group?	Do I need a referral?
Improve Your Sleep	1 week, 2 hours	No
Trauma	How long is the group?	Do I need a referral?
Building Resilience	3 weeks, 1.5 hours	Yes
Trauma Information	10 weeks, 1.5 hours	Yes*
*Must have completed Building Resilience		
Women's Wellness	How long is the group?	Do I need a referral?
Women Working Towards Wellness	5 weeks, 2 hours	No

Groups for Youth (14-18)

Anxiety/Depression	How long is the group?	Do I need a referral?
Social Anxiety for Youth	5 weeks, 1.5 hours	Yes
Youth CBT for Depression and Anxiety	5 weeks, 1.5 hours	Yes
AFFIRM (LGBTQQ2SA)	8 weeks, 2 hours	Register here
Managing Emotions	How long is the group?	Do I need a referral?
Coping Skills Group for Youth	10 weeks, 2 hours	Yes