



Psycho-Educational Webinars for Mental Well-Being

The Village Family Health Team will be offering one-hour lunch time webinars on various mental health related topics. Check the website regularly for new webinars, dates, and changes. The webinars are open to West Toronto family physicians and their patients. To receive a link to the virtual webinar registration is required.

To register, please email Liz at elizabeth.morgado@villagefht.ca

All webinars are on Tuesdays from 12:00 pm – 1:00 pm.

Visit our website villagefht.ca/mental-health-and-substance-use-services/ for details on upcoming dates and how to register

Schedule

June 15 th	A Life Worth Living: Connecting to Your Values
June 22 nd	Tolerating Uncertainty
June 29 th	Mindfulness 101
July 6 th	Self-Compassion
July 27 th	Distress Tolerance
August 10 th	The Importance of Emotions
August 17 th	Mind over mood
August 24 th	Setting Healthy Boundaries
August 31 st	Interpersonal Communication Skills
September 7 th	Sleep Better Part 1
September 14 th	Sleep Better Part 2

Webinar Descriptions

A Life Worth Living: Connecting to Your Values

In this webinar we discuss the important role values play in making decisions and living a meaningful life. You will be walked through exercises to identify what your values are, assess whether your life is currently in line with those values and take steps to live a life aligned with what's most important to you.

Tolerating Uncertainty

An intolerance of uncertainty can leave us anxious and distressed. In this webinar you will learn about the common strategies people use to help them cope with uncertainty and the challenges with these. We will go through practical tools you can use to increase your capacity to accept uncertainty – a need that is increasingly relevant in these uncertain times!



Mindfulness 101

Mindfulness allows us the capacity to self-reflect and respond with intention instead of reacting from impulse. We require skills of mindfulness to change unwanted thoughts, feelings and behaviors, and to find moments of calm, and clarity in our day. This webinar will walk you through what mindfulness is, why it is important, and give you tools to build this skill on your own. Mindfulness is a prerequisite skill for many of the skills discussed in the later webinars.

Self-Compassion

In this introduction to self-compassion, you will learn about the role your internal dialogue plays in keeping you stuck in unwanted emotional states. You will learn how to identify your inner critic and how you can begin to soften towards, and maybe even learn to befriend yourself.

Distress Tolerance

Have you ever responded to a situation in a way that has made things worse? Often our attempts to tolerate distress can leave us responding to difficult situations in a way that makes things worse for ourselves or for others. This hour will focus on practical strategies you can use to cope with an emotionally overwhelming situation.

The Importance of Emotions

Why do you have emotions? What purpose do they serve? How can you use an understanding of your emotions to gain better control over them? This webinar will answer all these questions.

Mind Over Mood

This workshop will teach you about the relationship between your thoughts and emotions, common thinking traps we all fall into, and will give you ways you can use your thinking to change how you feel. This webinar covers some of the Cognitive-Behavioral Therapy basics.

Setting Healthy Boundaries

This workshop will look at what boundaries are, why we need them, and what gets in the way of setting healthy boundaries. We will also look at how to identify when a boundary might need to be set in a relationship, and how to begin to take that step.



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Interpersonal Communication Skills

This workshop will give you a very practical and useful tool for having difficult conversations, setting boundaries and/or communicating your needs in a way that will maximize the chances that they'll be met.

Sleep Better: Treating Your Insomnia Part 1 and 2

Do you have difficulty falling asleep, or staying asleep? Do you have difficulty with daytime functioning or distress as a result of your sleep disturbances? Have you tried recommended sleep suggestions on the internet that do not work? In this two-part workshop you will learn about the three causes of chronic insomnia, the body's sleep regulatory systems, the role of medication, and be introduced to behavioral techniques to improve your deep sleep quality, based on the evidence-based model, 'Cognitive Behavioral Therapy for Insomnia'.

Drop-in: Mindfulness Practice

In this one-hour zoom session we will start with a short mindfulness-based practice. There will then be space to discuss barriers that folks may be facing to their practice, problem-solve solutions and gain support and encouragement from others. We will end with a longer mindfulness-based practice. Each session will expose you to different ways to practice mindfulness.

Webinars led by Kelsey White, MSW/RSW,
Social Worker at the Village Family Health Team