

## Sunday, February 2, 2025

---

### Family Sunday at the Art Gallery of Peterborough

Date and Time: Sunday, February 2 1:00 pm - 4:00 pm

Address: Art Gallery of Peterborough, 250 Crescent St., Peterborough ON

Get creative with the Art Gallery of Peterborough! Family Sunday runs on the first Sunday of each month and offers fun, free, and seasonally themed art making activities, suitable for all ages. Explore our current exhibitions and then drop in to the AGP studio for a seasonally themed art activity.

Drop in between 1 pm and 4 pm.

No fee or registration is required. Children must be accompanied by an adult at all times.

**Please note:** Our Family Sundays are very popular and studio space is limited. There may be wait times for the art-making activities

## Monday, February 3, 2025

---

### City Council Meeting

Date and Time: Monday, February 3 6:00 pm - 8:00 pm

## Tuesday, February 4, 2025

---

### Tool Kit for Active Living with Chronic Conditions + Calls

Date and Time: Tuesday, February 4 9:00 am - 10:00 am

Address: Phone participation - Peterborough and area

Join us for a **free** six-week telephone series. The interactive program helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" text, a companion book and an "Exercises for Chronic Conditions" CD or MP3.

Pre-registration is required as space is limited.

The small class size is ideal for a more personalized approach.

You may register by calling: 1-877-971-5545 or by following the link provided.

The telephone number to call in will be sent prior to the start date.

We look forward to meeting you!

## **Toddler Tuesday at the Peterborough Museum and Archives**

Date and Time: Tuesday, February 4 9:30 am - 12:00 pm

Address: 300 Hunter St. E., Peterborough, ON

Little ones and their caregivers are welcome to join us each Tuesday morning for a drop-in, tot friendly Museum visit! This unstructured program allows children to play their way through the galleries, with opportunities to explore their senses, create art and make new friends along the way. Winter/Spring toddler Tuesday sessions start Tuesday January 7, 2025 and will go to June 24th. Stop in from 9:30 am to 12 noon.

## **Help With Your Health Understanding Stress and Sleep**

Date and Time: Tuesday, February 4 10:30 am - 12:00 pm

Address: Virtual through Zoom

Join us for a FREE 1.5 hour interactive health education session to help you better manage your health.

Many people struggle to get good nights' sleep and with feeling overwhelmed with stress. During this workshop we review some common myths about sleep, provide tips on how to get a good nights' sleep, learn common signs of a sleep disorder and learn how to better manage stress.

This workshop is virtual using the Zoom platform. Use of camera and microphone is required for full participation.

You may register by calling: 1-866-971-5545 or by clicking the link on the website provided.

## **Peterborough Architectural Conservation Advisory Committee**

Date and Time: Tuesday, February 4 4:30 pm - 5:30 pm

## **Peterborough Public Library Board**

Date and Time: Tuesday, February 4 5:30 pm - 7:30 pm

## **Wednesday, February 5, 2025**

---

### **Accessibility Advisory Committee Meeting**

Date and Time: Wednesday, February 5 4:00 pm - 5:00 pm

## The Harlem Globetrotters

Date and Time: Wednesday, February 5 7:00 pm

Address: 151 Lansdowne St. W., Peterborough ON

Dear Harlem Globetrotters fans, we're heading back on the road! Get ready for high-flying fun as the world-famous [Harlem Globetrotters](#) make their victorious return to the Peterborough Memorial Centre! This is your chance to witness the World Record-breaking, trick-shot stars of basketball LIVE as they bring their signature SPINS, DUNKS, and SLAMS to the court, taking on their renowned rivals, the Washington Generals, on Wednesday February 5, 2025.

[Visit The Harlem Globetrotters event page to buy tickets](#)

## Thursday, February 6, 2025

---

### Living a Healthy Life with Diabetes

Date and Time: Thursday, February 6 9:30 am - 12:00 pm

Address: Virtual workshop for Peterborough and area

Living a Healthy Life with Diabetes is a free online workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register. We suggest that participants attend all 6 sessions of the series where possible. All sessions are 2.5 hours. Use of a camera and audio is required. Workshop is hosted using Zoom.

Space is limited so please pre-register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

### Planning for our Strategic Growth Areas

Date and Time: Thursday, February 6 6:30 pm - 8:30 pm

Address: Healthy Planet Arena, 911 Monaghan Rd., Peterborough, ON

A community meeting focusing on the City of Peterborough's concept for its strategic growth areas takes place Thursday, February 6, 2025 at the Healthy Planet Arena, 911 Monaghan Rd., from 6:30 p.m. to 8:30 p.m.

The City is streamlining the development approvals process in key areas identified as Strategic Growth Areas in the City's Official Plan as part of the Secondary Plan and Community Planning Permit By-law for the Strategic Growth Areas.

These areas include:

- The Central Area (Downtown and East City)
- Water Street North Corridor

- Chemong Road Corridor
- Clonsilla Avenue and Charlotte Street Corridor
- Lansdowne Street Corridor
- Armour Road North Corridor

The February 6 community meeting includes a 20-minute presentation by the City's Project Team, highlighting key elements of the project and giving residents a first-hand look at concepts for land use, building heights, transportation, parks and open space.

Attendees will have the opportunity to explore and interact with a variety of maps and images of 3D conceptual buildings and spaces, provide feedback and share their community priorities for the City's growth and development.

Light refreshments will be provided.

Registration is not required for this event, but those interested are encouraged to sign up for the session through [Eventbrite](#). Registration helps the City determine setup for the event space.

## **Friday, February 7, 2025**

---

### **Powerful Tools for Caregivers**

Date and Time: Friday, February 7 9:00 am - 10:30 am

Address: Virtual workshop for Peterborough and area

Caring for a family member or friend with a chronic condition can be physically, emotionally and financially draining. Join us for a free 6-week supportive and educational workshop series that will help you better manage the stresses of family caregiving while meeting others who are in a similar situation.

This workshop is delivered by Zoom and requires that you have access to a microphone and camera to participate fully.

Space is limited - registration is required.

Participants will be mailed out a handout package that includes the "Caregiver Helpbook"

To register call: 1-866-971-5545 or follow the link provided.

We look forward to meeting you.

## **Tuesday, February 11, 2025**

---

### **Tool Kit for Active Living with Chronic Conditions + Calls**

Date and Time: Tuesday, February 11 9:00 am - 10:00 am

Address: Phone participation - Peterborough and area

Join us for a **free** six-week telephone series. The interactive program helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" text, a companion book and an "Exercises for Chronic Conditions" CD or MP3.

Pre-registration is required as space is limited.

The small class size is ideal for a more personalized approach.

You may register by calling: 1-877-971-5545 or by following the link provided.

The telephone number to call in will be sent prior to the start date.

We look forward to meeting you!

## **Toddler Tuesday at the Peterborough Museum and Archives**

Date and Time: Tuesday, February 11 9:30 am - 12:00 pm

Address: 300 Hunter St. E., Peterborough, ON

Little ones and their caregivers are welcome to join us each Tuesday morning for a drop-in, tot friendly Museum visit! This unstructured program allows children to play their way through the galleries, with opportunities to explore their senses, create art and make new friends along the way. Winter/Spring toddler Tuesday sessions start Tuesday January 7, 2025 and will go to June 24th. Stop in from 9:30 am to 12 noon.

## **Help With Your Health Understanding Blood Pressure**

Date and Time: Tuesday, February 11 10:30 am - 12:00 pm

Address: Virtual Through Zoom Platform

Understanding Blood Pressure is an interactive education workshop that reviews what blood pressure is, how the heart circulates your blood through your body, explains what those numbers mean and provides tips on how to better manage high blood pressure.

This workshop is virtual using Zoom platform. Use of camera and microphone is required for a full participation.

Register by calling: 1-866-971-5545 or by clicking on the website link provided.

Space is limited!

## **Public Information Centre: Sanitary Master Plan**

Date and Time: Tuesday, February 11 6:30 pm - 8:00 pm

Address: Virtual meeting

The City of Peterborough is hosting a live virtual Public Information Centre on Tuesday, February 11, 2025 at 6:30 p.m. to present the preliminary evaluation results of the Sanitary Master Plan, which is currently in development.

This Public Information Centre focuses on alternative strategies for servicing development and growth. These strategies consider environmental and socio-cultural impacts, along with technical feasibility, regulatory compliance and cost.

Residents wishing to view the live broadcast are asked to [complete the online registration form](#).

Questions and comments can be submitted through a virtual chat feature during the presentation.

## **Thursday, February 13, 2025**

---

### **Introduction to Forest Bathing (Shinrin-Yoku)**

Date and Time: Thursday, February 13 9:00 am - 10:30 am

Address: Virtual Through Zoom

In 1982 Forest Bathing was deemed an official wellness practice in Japan and by 2017 was included in a clinical practice to support people's physical, emotional and mental wellness. The health benefits are now being practiced globally.

In this virtual class you will learn:

- The specific health benefits of spending time in nature
- The science behind how the forest and being in nature supports health and wellness
- How to practice Forest Bathing in nature outdoors and how to bring nature inside
- Resources are provided to learn more

### **Living a Healthy Life with Diabetes**

Date and Time: Thursday, February 13 9:30 am - 12:00 pm

Address: Virtual workshop for Peterborough and area

Living a Healthy Life with Diabetes is a free online workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register. We suggest that participants attend all 6 sessions of the series where possible. All sessions are 2.5 hours. Use of a camera and audio is required. Workshop is hosted using Zoom.

Space is limited so please pre-register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

### **Rescheduled: Municipal Job Fair**

Date and Time: Thursday, February 13 10:30 am - 2:00 pm

Address: Healthy Planet Arena, 911 Monaghan Rd., Peterborough, ON

Rescheduled due to winter storm: Join us on February 27 - same time and same location.

Are you looking for a summer job that makes a difference? Join us at the local municipal job fair!

Positions include Parks and Recreation, Operations and Public Works, Engineering and Construction, Marketing, Tourism and Museum, Sustainability and Waste Management.

Bring your resume, connect with local municipalities and find your next summer job!

## **Adult Art Camp at the Art Gallery of Peterborough**

Date and Time: Thursday, February 13 6:00 pm - 8:00 pm

Address: Art Gallery of Peterborough, 250 Crescent St., Peterborough, ON

Experiment and explore new techniques and materials in a fun, social, and supportive environment in the Art Gallery of Peterborough's **\*NEW\*** Adult Art Camp series.

Grab a friend, or bring a date, and get creative in the AGP studio while you learn something new:

## **Couples and Friends Portrait Paint Night**

Thursday, February 13, 2025

6 p.m. to 8 p.m.

Suitable for ages 19+

Explore portrait drawing and painting techniques in a relaxed environment, where fun is the focus. Bring a pal! Each participant will be paired up with another to paint a portrait to take home.

## **Friday, February 14, 2025**

---

### **Powerful Tools for Caregivers**

Date and Time: Friday, February 14 9:00 am - 10:30 am

Address: Virtual workshop for Peterborough and area

Caring for a family member or friend with a chronic condition can be physically, emotionally and financially draining. Join us for a free 6-week supportive and educational workshop series that will help you better manage the stresses of family caregiving while meeting others who are in a similar situation.

This workshop is delivered by Zoom and requires that you have access to a microphone and camera to participate fully.

Space is limited - registration is required.

Participants will be mailed out a handout package that includes the "Caregiver Helpbook"

To register call: 1-866-971-5545 or follow the link provided.

We look forward to meeting you.

## **Saturday, February 15, 2025**

---

### **Saturday Art Club at the Art Gallery of Peterborough**

Date and Time: Saturday, February 15 1:00 pm - 4:00 pm

Address: Art Gallery of Peterborough, 250 Crescent St., Peterborough, ON

Join the Art Gallery of Peterborough each month for this exploration-based studio program:

### **February: Comic Books**

Saturday, February 15, 2025

1 p.m. to 4 p.m.

Suitable for ages 7-11

Unleash your creativity by crafting original comic books! Learn storytelling, character development, and illustration techniques, bringing your narrative to life on the page.

## **Sunday, February 16, 2025**

---

### **Snofest Family Sunday at the Art Gallery of Peterborough**

Date and Time: Sunday, February 16 1:00 pm - 4:00 pm

Address: Art Gallery of Peterborough, 250 Crescent St., Peterborough ON

Explore the Art Gallery of Peterborough's current exhibitions, including Dr. Roberta Bondar's **Patterns & Parallels: The Great Imperative to Survive**, and then head up to the studio for a drop-in studio activity where families can make their own Snofest Pete to take home!

Drop in between 1:00 pm and 4:00 pm.

No fee or registration is required. Children must be accompanied by an adult at all times.

**Please note:** AGP Family Sundays are very popular and studio space is limited. There may be wait times for the art-making activities

## Monday, February 17, 2025

---

### YMCA Family Day Carnival

Date and Time: Monday, February 17 10:00 am - 2:00 pm

Address: YMCA Balsillie Family Branch, 123 Aylmer St. N., Peterborough, ON

Join the fun with YMCA Central East Ontario. Bring your family and friends for activities for all ages:

- Bouncy castles
- Face painting
- Family swim
- Crafts
- Carnival games
- Open Treehouse

Admission is \$10 per family for members, and \$20 per family for non-members. All proceeds are in support of Strong Kids foundation.

## Tuesday, February 18, 2025

---

### Tool Kit for Active Living with Chronic Conditions + Calls

Date and Time: Tuesday, February 18 9:00 am - 10:00 am

Address: Phone participation - Peterborough and area

Join us for a **free** six-week telephone series. The interactive program helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" text, a companion book and an "Exercises for Chronic Conditions" CD or MP3.

Pre-registration is required as space is limited.

The small class size is ideal for a more personalized approach.

You may register by calling: 1-877-971-5545 or by following the link provided.

The telephone number to call in will be sent prior to the start date.

We look forward to meeting you!

### Toddler Tuesday at the Peterborough Museum and Archives

Date and Time: Tuesday, February 18 9:30 am - 12:00 pm

Address: 300 Hunter St. E., Peterborough, ON

Little ones and their caregivers are welcome to join us each Tuesday morning for a drop-in, tot friendly Museum visit! This unstructured program allows children to play their way through the galleries, with opportunities to explore their senses, create art and make new friends along the way. Winter/Spring toddler Tuesday sessions start Tuesday January 7, 2025 and will go to June 24th. Stop in from 9:30 am to 12 noon.

## **Help With Your Health Understanding Joint and Back Pain**

Date and Time: Tuesday, February 18 10:30 am - 12:00 pm

Address: Virtual Through Zoom Platform

Understanding Joint and Back Pain is an interactive education workshop that reviews the prevalence of joint pain in Canada, different types of arthritis and ways to manage it. You will also learn some interesting facts about back pain and some things you can do to manage it.

This workshop is virtual using the Zoom platform. Use of camera and microphone is required for full participation.

You may register by calling: 1-866-971-5545 or by clicking on the link provided.

Space is limited!

## **General Committee**

Date and Time: Tuesday, February 18 6:00 pm - 8:00 pm

## **City Council Meeting**

Date and Time: Tuesday, February 18 7:00 pm - 8:00 pm

## **Peterborough Historical Society Speaker Series: Architectural Conservation Advisory Committee**

Date and Time: Tuesday, February 18 7:30 pm - 9:00 pm

Address: Peterborough Lions Centre, 347 Burnham St. Peterborough, ON

Peterborough was the second municipality in Ontario to form a Local Architectural Conservation Advisory Committee. The Peterborough Architectural Conservation Advisory Committee (PACAC) was established in 1975 following the creation of the Ontario Heritage Act (OHA) by the province. 2025 represents the 50th year since the creation of PACAC. Over the years PACAC has played a vital role in programs such as Doors Open Peterborough, Heritage Week, The Heritage Hunt as well providing educational events, workshops for heritage homeowners, and other events celebrating our local built heritage. PACAC continues to advise city council regarding properties that are eligible for designation under the OHA. Stewart Hamilton will be presenting on the early days of PACAC, the committee's current work and why today it is important to recognize that heritage preservation plays a role in fighting climate change.

At the February meeting Stewart will also be displaying information, publications, and other documents from PACAC and its past members.

Stewart Hamilton was appointed by city council to PACAC in 2010 and has been on the committee since then, serving as committee chair since 2011. Stewart and his wife, Joanna, purchased the "Dixon House" from the city of Peterborough in 2008. They undertook a restoration of the property with the utmost care and appreciation of the history, while creating a workable professional office. The restoration was recognized by the Peterborough Historical Society in 2010 with the presentation of the George A Cox Award. Stewart has a keen interest in heritage and a desire to see it preserved so that stories of the community are readily available for future generations.

PHS Speaker Series to be held Tuesday February 18, 7:30 p.m. at the Peterborough Lions' Centre on Burnham Street. Admission is free and so are the light refreshments.

## **Wednesday, February 19, 2025**

---

### **Powerful Tools for Caregivers**

Date and Time: Wednesday, February 19 9:30 am - 11:00 am

Address: Virtual through Zoom

Caring for a family member or friend with a chronic health condition can be physically, emotionally and financially draining. Join us for a free six week supportive and educational workshop series that will help you better manage the challenges of family caregiving while meeting others who are in a similar situation. You are not alone.

This workshop series is delivered using the Zoom platform and will require you to have access to a camera and microphone to participate.

A handout package that includes the "Caregiver Helpbook" will be mailed out prior to the start date.

Space is limited to 12 people - registration is required

To register you may call: 1-866-971-5545 or by clicking on the website link provided.

We look forward to meeting you.

## **Thursday, February 20, 2025**

---

### **Living a Healthy Life with Diabetes**

Date and Time: Thursday, February 20 9:30 am - 12:00 pm

Address: Virtual Through Zoom

Living a Healthy Life With Diabetes is a free workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive a "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Registration is limited. Sign up now by calling: 1-866-971-5545 or by clicking on the link provided.

## **Living a Healthy Life with Diabetes**

Date and Time: Thursday, February 20 9:30 am - 12:00 pm

Address: Virtual workshop for Peterborough and area

Living a Healthy Life with Diabetes is a free online workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register. We suggest that participants attend all 6 sessions of the series where possible. All sessions are 2.5 hours. Use of a camera and audio is required. Workshop is hosted using Zoom.

Space is limited so please pre-register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

## **Friday, February 21, 2025**

---

### **Powerful Tools for Caregivers**

Date and Time: Friday, February 21 9:00 am - 10:30 am

Address: Virtual workshop for Peterborough and area

Caring for a family member or friend with a chronic condition can be physically, emotionally and financially draining. Join us for a free 6-week supportive and educational workshop series that will help you better manage the stresses of family caregiving while meeting others who are in a similar situation.

This workshop is delivered by Zoom and requires that you have access to a microphone and camera to participate fully.

Space is limited - registration is required.

Participants will be mailed out a handout package that includes the "Caregiver Helpbook"

To register call: 1-866-971-5545 or follow the link provided.

We look forward to meeting you.

### **YWCA Empty Bowls Fundraiser**

Date and Time: Friday, February 21 11:30 am - 1:30 pm

Address: The Venue Peterborough, 286 George St. N., Peterborough, ON

Enjoy a delicious lunch provided by local restaurants and take home a hand-crafted bowl created by local artists of the Kawartha Potters Guild. You'll be helping to raise much-needed funds toward assisting with food insecurity in our community. All proceeds from the event will support both One City's food programming and Kawartha Food Share.

## Saturday, February 22, 2025

---

### Art Start! at the Art Gallery of Peterborough

Date and Time: Saturday, February 22 1:00 pm - 4:00 pm

Address: Art Gallery of Peterborough, 250 Crescent St., Peterborough, ON

The Art Gallery of Peterborough offers Art Start! a program for young children looking to learn art basics. Designed for children aged 4-6, this program offers fun, experimental activities and projects designed to foster an appreciation and excitement for art and art making from a young age.

## February: Fun with Shapes

Saturday, February 22, 2025

1 p.m. to 4 p.m.  
Suitable for ages 4-6

Explore basic shapes through drawing and cutting. Children will create fun collages using different materials, developing their fine motor skills and creativity.

## Tuesday, February 25, 2025

---

### Tool Kit for Active Living with Chronic Conditions + Calls

Date and Time: Tuesday, February 25 9:00 am - 10:00 am

Address: Phone participation - Peterborough and area

Join us for a **free** six-week telephone series. The interactive program helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" text, a companion book and an "Exercises for Chronic Conditions" CD or MP3.

Pre-registration is required as space is limited.

The small class size is ideal for a more personalized approach.

You may register by calling: 1-877-971-5545 or by following the link provided.

The telephone number to call in will be sent prior to the start date.

We look forward to meeting you!

## **Toddler Tuesday at the Peterborough Museum and Archives**

Date and Time: Tuesday, February 25 9:30 am - 12:00 pm

Address: 300 Hunter St. E., Peterborough, ON

Little ones and their caregivers are welcome to join us each Tuesday morning for a drop-in, tot friendly Museum visit! This unstructured program allows children to play their way through the galleries, with opportunities to explore their senses, create art and make new friends along the way. Winter/Spring toddler Tuesday sessions start Tuesday January 7, 2025 and will go to June 24th. Stop in from 9:30 am to 12 noon.

## **Managing Stress: Powerful Tools for Caregivers**

Date and Time: Tuesday, February 25 10:30 am - 12:00 pm

Address: Virtual through Zoom Platform

In this 1.5 hour information session, participants will have the opportunity to learn more about the 6-week Powerful Tools for Caregivers workshop and experience some of the stress reducing activities first hand.

Participants are encouraged to ask questions about Powerful Tools for Caregivers program.

This workshop is virtual using the Zoom platform. Use of camera and microphone is required for full participation.

You may register by calling: 1-866-971-5545 or by clicking on the website link provided.

Space is limited!

## **Committee of Adjustment**

Date and Time: Tuesday, February 25 6:00 pm - 7:00 pm

## **Wednesday, February 26, 2025**

---

### **Powerful Tools for Caregivers**

Date and Time: Wednesday, February 26 9:30 am - 11:00 am

Address: Virtual through Zoom

Caring for a family member or friend with a chronic health condition can be physically, emotionally and financially draining. Join us for a free six week supportive and educational workshop series that will help you better manage the challenges of family caregiving while meeting others who are in a similar situation. You are not alone.

This workshop series is delivered using the Zoom platform and will require you to have access to a camera and microphone to participate.

A handout package that includes the "Caregiver Helpbook" will be mailed out prior to the start date.

Space is limited to 12 people - registration is required

To register you may call: 1-866-971-5545 or by clicking on the website link provided.

We look forward to meeting you.

## **Thursday, February 27, 2025**

---

### **Living a Healthy Life with Diabetes**

Date and Time: Thursday, February 27 9:30 am - 12:00 pm

Address: Virtual Through Zoom

Living a Healthy Life With Diabetes is a free workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive a "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Registration is limited. Sign up now by calling: 1-866-971-5545 or by clicking on the link provided.

### **Living a Healthy Life with Diabetes**

Date and Time: Thursday, February 27 9:30 am - 12:00 pm

Address: Virtual workshop for Peterborough and area

Living a Healthy Life with Diabetes is a free online workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register. We suggest that participants attend all 6 sessions of the series where possible. All sessions are 2.5 hours. Use of a camera and audio is required. Workshop is hosted using Zoom.

Space is limited so please pre-register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

### **Living a Healthy Life with Chronic Pain**

Date and Time: Thursday, February 27 6:00 pm - 8:30 pm

Address: Virtual Through Zoom Platform

Living a Healthy Life with Chronic Pain is a FREE online 6-week workshop series that helps people with chronic pain to better cope with pain symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD or MP3. Caregivers are welcome to register.

This workshop is virtual using Zoom platform. Use of camera and microphone is required for full participation.

Register by calling: 1-866-971-5545 or click on website link provided.

Space is limited!

## **Friday, February 28, 2025**

---

### **Powerful Tools for Caregivers**

Date and Time: Friday, February 28 9:00 am - 10:30 am

Address: Virtual workshop for Peterborough and area

Caring for a family member or friend with a chronic condition can be physically, emotionally and financially draining. Join us for a free 6-week supportive and educational workshop series that will help you better manage the stresses of family caregiving while meeting others who are in a similar situation.

This workshop is delivered by Zoom and requires that you have access to a microphone and camera to participate fully.

Space is limited - registration is required.

Participants will be mailed out a handout package that includes the "Caregiver Helpbook"

To register call: 1-866-971-5545 or follow the link provided.

We look forward to meeting you.

<https://calendar.peterborough.ca>