

# FEBRUARY IS PSYCHOLOGY MONTH

“Psychology is for everyone”

## **Self-Affirmation Reduces Anxiety and Avoidance in Socially Anxious Students...One Month Later**

January 30<sup>th</sup> 12:30 pm

**Ms. Karen O'Brien**

Iceland Board Room  
Third Floor Elizabeth Dafoe Library  
University of Manitoba

## **You Have a Concussion – Now What?: A Neuropsychological Perspective**

February 2<sup>nd</sup> 7:00 – 8:00 pm

**Dr. Lesley Ritchie**

MTS IcePLEX  
3969 Portage Avenue  
Second Floor Conference Room

## **Stop Looking for Those Lost Keys: Simple Strategies to Improve Memory**

February 2<sup>nd</sup> 7:00 – 8:00 pm

**Dr. Colleen Murphy**

Buchwald Room  
Millennium Library  
251 Donald St.

## **What is Tourette Syndrome?**

February 3<sup>rd</sup> 12:00 – 1:00 pm

**Dr. Gary Shady**

MATC  
228 Maryland Street

## **Family and Work and Deadlines, Oh My: Ways to Manage Stress in Your Life**

February 3<sup>rd</sup> 6:00 – 7:00 pm

**Dr. Andrea Piotrowski**

Millennium Library  
Buchwald Room  
251 Donald St.

## **The ABZ's of Sleep Hygiene: Strategies for a Good Night's Sleep**

February 3<sup>rd</sup> 7:00 – 8:00 pm

**Dr. Brigitte Sabourin**

Millennium Library  
Buchwald Room  
251 Donald St.

## **The Psychology of Pseudoscience**

February 4<sup>th</sup> 12:30 – 1:30 pm

**Dr. Jim Clark**

Room 4L28  
4<sup>th</sup> Floor Lockhart Hall  
University of Winnipeg

## **Baby Talk: How, When, and What Your Baby Learns about Language (and why maternal speech is so important)**

February 9<sup>th</sup> 6:00 – 7:30 pm

**Dr. Melanie Soderstrom**

The Birth Centre  
603 St. Mary's Road

## **The Science of Smooth Operating: How to Get Along to Get Ahead in Life, Love, and Work**

February 9<sup>th</sup> 7:00 – 8:30 pm

**Dr. Kelley Robinson**

Millennium Library  
Buchwald Room  
251 Donald St.

## **Spirituality, Psychology and Physical Health: What Does the Research Tell Us?**

February 17<sup>th</sup> 6:30 – 8:00 pm

**Ms. Clove Haviva**

Millennium Library  
Buchwald Room  
251 Donald St.

## **Living Like You're on Fire: Strategies for Recognizing and Preventing "Burnout"**

February 18<sup>th</sup> 8:00 – 9:00 pm

**Dr. Maxine Holmqvist**

Millennium Library  
Buchwald Room  
251 Donald St.

## **Tips on Communication: How to Stop Having the Same Argument Over and Over**

February 19<sup>th</sup> 7:00 – 8:30 pm

**Dr. Alicia Ordonez**

**Dr. Jo Ann Unger**

**Dr. Claire Milgrom**

Millennium Library  
Carol Shields Auditorium  
251 Donald St.

## **Coping with Managing Challenging Behaviours**

February 19<sup>th</sup> 6:30 – 7:30 pm

**Mr. Christopher Villing**

**Ms. Jennifer Thorsteinsson**

East Dining Room  
St. Amant  
440 River Road

## **Tips on Communication: How to Stop Having the Same Argument Over and Over**

February 23<sup>rd</sup> 6:00 – 8:00 pm

**Dr. Alicia Ordonez**

**Dr. Jo Ann Unger**

**Dr. Claire Milgrom**

Deaf Centre Manitoba  
101-285 Pembina Highway

## **Coping with Managing Challenging Behaviours**

February 24<sup>th</sup> 12:00 – 1:00 pm

**Mr. Christopher Villing**

**Ms. Jennifer Thorsteinsson**

West Dining Room  
St. Amant  
440 River Road

## **Introduction to Challenging Behaviours**

February 26<sup>th</sup> 6:30 – 8:00 pm

**Ms. Caroline Simard**

East Dining Room  
St. Amant  
440 River Road



The presentations offered are on topics of a psychological nature that are likely to be of interest to the public. Manitoba Psychological Society does not claim to endorse any opinions presented or to guarantee that the material presented represents information generally endorsed within the profession of Psychology.



# MIND YOUR MENTAL HEALTH

[mymh.ca](http://mymh.ca)