



**FEBRUARY IS
PSYCHOLOGY
MONTH**

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

January 30, 2015
12:30 pm

Presented by
Ms. Karen O'Brien

Iceland Board Room
Third Floor Elizabeth Dafoe Library
University of Manitoba

This is a free talk open to the general public

MIND YOUR MENTAL HEALTH

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