

# FEBRUARY IS PSYCHOLOGY MONTH

“Psychology is for everyone”

## Your Teenager’s Brain: What Every Parent Needs to Know

**February 6th 7:30 pm**

**Dr. Mike Teschuk**

Berney Theatre, 123 Doncaster

Please register at:

[https://www.gravacademy.ca/cf\\_forms/view.cfm?formID=285](https://www.gravacademy.ca/cf_forms/view.cfm?formID=285)

## Solution Aversion, Ideology, and Motivated (Dis) Belief in Science

**February 9th 12:30 – 1:30 pm**

**Dr. Aaron Kay**

Room 3C01, 3rd Floor Centennial Hall

University of Winnipeg

## An Introduction to Stress Management

**Part 1—February 9th 2:00 – 3:30pm**

**Part 2—February 23rd 2:00 – 4:00pm**

**Dr. Jo Ann Unger**

Access Winnipeg West: Room 209, 280 Booth

Please Call 204-940-2453 to register

## Sleep Matters: The New Science of Why We Sleep and How to Sleep Better

**February 12th 7:00 – 8:00 pm**

**Dr. Maxine Holmqvist**

The Wellness Institute—1075 Leila Avenue

Please call 204-632-3900 to register

## Getting Your Child to go to Sleep and Stay Asleep

**February 13th 7:00 – 8:00 pm**

**Dr. Kirsten Wirth**

New Directions—717 Portage Avenue

5th Floor, Rooms 518-519

## Sleep Introduction Session

**February 15th 2:00 – 4:00 pm**

**Dr. Jo Ann Unger**

Access Winnipeg West: Room 209, 280 Booth

Please Call 204-940-2453 to register

## Embodied Emotion

**February 16th 12:30 – 1:30 pm**

**Dr. Stephan Smith**

Room 4L28

4<sup>th</sup> Floor Lockhart Hall

University of Winnipeg



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.

