

FEBRUARY IS PSYCHOLOGY MONTH

“Psychology is for everyone”

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

January 30th 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 2nd 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 2nd 7:00 – 8:00 pm

Dr. Colleen Murphy

Buchwald Room
Millennium Library
251 Donald St.

**What is Tourette
Syndrome?**

February 3rd 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 3rd 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 3rd 7:00 – 8:00 pm

Dr. Brigitte Sabourin

Millennium Library
Buchwald Room
251 Donald St.

The Psychology of Pseudoscience

February 4th 12:30 – 1:30 pm

Dr. Jim Clark

Room 4L28
4th 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 9th 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 9th 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 17th 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 18th 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 19th 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 19th 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 23rd 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 24th 12:00 – 1:00 pm

Mr. Christopher Villing

Ms. Jennifer Thorsteinsson

West Dining Room
St. Amant
440 River Road

**Introduction to Challenging
Behaviours**

February 26th 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**

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