

FEBRUARY IS PSYCHOLOGY MONTH

Getting Your Child to go to Sleep and Stay Asleep

February 3rd
7:00– 8:00 PM

Dr. Kirsten Wirth

Virtual Talk via Zoom

<https://zoom.us/j/91036142864>

Committing to Your Values: Keys to Building a Meaningful Life

February 10th
6:30 – 7:45 PM

Dr. Margaret Penfold

Dr. Sonia Marrone

Dr. Gregg Tkachuk

Virtual Talk via Zoom

<https://zoom.us/j/99530802434>

Supporting Athletes' Mental Health in a (Post-) COVID World

February 10th
7:00 – 8:00 pm

Dr. Adrienne Leslie-Toogood

Kevin Kristjanson

Virtual Talk via Zoom

<https://zoom.us/j/93394274484?pwd=SnFVcFpuNlWdreVdvZy9MalZkOVd0QT09>

Meeting ID: 933 9427 4484

Passcode: 1qCrJq

Quality Time Over Time Out: Reducing Your Child's Tantrums Through Connection

February 10th
10:00 – 11:00 am

Dr. Jen Theule

Michelle Ward

Brenna Henrickson

Virtual Talk via Zoom

<https://zoom.us/j/93970679092>

Issues with Access to Psychologists in Manitoba

February 17th
7:00 – 8:00 pm

Dr. Jo Ann Unger

Dr. Karen Dyck

Virtual Talk via Zoom

<https://zoom.us/j/99007875160>

Mental Health Research During COVID-19: Current Evidence, Resources, and Gaps

February 19th
12:00 – 1:00 pm

Dr. Renée El-Gabalawy

Dr. Natalie Mota

Dr. Kristin Reynolds

Dr. Leslie Roos

Virtual Talk via Zoom

<https://zoom.us/j/91012086714>

Understanding & Managing Anxiety in the Pregnancy and Postpartum Periods

February 12th
12:00 – 1:30 PM

Dr. Kristin Reynolds

Sarah Petty

Virtual Talk via Zoom

<https://zoom.us/j/97470434469>

Seeing the light at the end of the pandemic tunnel: Maintaining your psychological health during Covid-19

February 11th
7:00 – 8:00 pm

Dr. Andrea Piotrowski

Virtual Talk via Zoom

<https://zoom.us/j/96797174341>

Putting the pieces Together: Teachers Finding Balance Through COVID

February 24th
5:30 – 7:00 pm

Dr. Alicia Ordonez

Dr. Lindsay Woods

Dr. Sarah Germain

Virtual Talk via Zoom

<https://zoom.us/j/95798468910>

