

FEBRUARY 2023 IS

PSYCHOLOGY MONTH

“Psychology is for everyone”

**I Like to Move it Move it!
Tools for Motivation When
You Don't Feel Like Getting
off the Couch.**

February 1st
7:00 – 8:00PM

Dr. Sarah Rigby

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/81677073113>

**Talking to Your Teen or
Young Adult About Mental
Health & Suicide**

February 2nd
7:00 – 8:00PM

Dr. Pamela Holens & Chris Enns,MSW

Virtual Talk via Zoom

<https://us06web.zoom.us/j/82031632599>

**Skills That can Be Used in
Sport and Life**

February 6th
7:00pm – 8:00 pm

Dr. Lindsay Wishnowski

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/82002440883>

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

February 15th
7:00PM-8:00PM

**Dr. Jennifer Theule, Dr. Brenna
Henrikson, & Dr. Michelle Ward**

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/87438279998>

**Social Anxiety in a Post-
Pandemic World**

February 9th
6:00pm – 7:00 pm

Kayla Joyce & Dr. Kevin Barber

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/84050848805>

**Self-Compassion is for
Everyone**

February 13th
12:00PM-1:00PM

**Dr. Brigitte Sabourin & Ms. Sophia
Hanson**

Virtual Talk via Zoom

Please register through
The Millennium Library:

<https://wpl.libcal.com/event/3701182>

**Self-ish? Exploring the Role of
Self on our Mental Health**

February 22nd
6:30 – 8:00 pm

**Dr. Sonia Marrone, Dr. Seint Kokokyi,
Dr. James Ediger & Dr. Gregg Tkachuk**

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/83844275140>

**Wellbeing in Adult Children of
Immigrants: How to navigate
Conflict and Relationship.**

February 14th
7:00 – 8:00 pm

**Dr. Joanna Bhaskaran, Nicole Tongol,
& Madison Hardman**

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/83572571909>

**What can Queer Communities
and Allies do to Buffer Minority
Stress?**

February 21st
7:00pm-8:00pm

Ms. Carly Thomas & Dr. Julia Riddell

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/82900415329>

**How to Get Your Child to Go to
Sleep and Stay Asleep**

February 27th
7:00 – 8:00PM

Dr. Kirsten Wirth

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/85649131424>

**Self-Care is a Four-Letter
Word: Redefining Self-Care for
Female Mental Health
Clinicians.**

February 24th
12:00 – 1:00 pm

Dr. Karen Dyck & Dr. Melissa Tiessen

Virtual Talk via Zoom

Please Register At:

<https://www.subscribe.com/psychologymonth2023>

Perinatal Mental Health

February 23rd
7:00 – 8:00 pm

Dr. Gillian Alcolado

Virtual Talk via Zoom:

<https://us06web.zoom.us/j/86952729107>

**Brain Health: Beyond
Diet and Exercise**

February 28th
12:00 – 1:00 pm

Dr. Colleen Millikin

Virtual talk via Zoom

Please register through
The Millennium Library:

<https://wpl.libcal.com/event/3714191>

**February is Psychology Month
(55+)**

February 28th
10:00 – 11:00 am

Dr. Kristin Reynolds

Please register through:

A&O Support Services for Older
Adults

<https://www.aosupportservices.ca/contact-us/>



For more information, please contact Joanna Bhaskaran at psychologymonth.mps@gmail.com