

MPS PRESENTS: PSYCHOLOGY MONTH

Explore insightful topics and gain valuable knowledge with our upcoming series of free talks hosted by local psychologists.

FEBRUARY SCHEDULE

SAT 01

Panel- Innovations in Psychological Therapies and Mental Health

Presenters: Dr. Douglas J Tataryn and Dr. Darek Dawda
Time: 3:30 - 4:45 pm
Location: Gaynor Theatre in Selkirk
Co-sponsored by Selkirk & Interlake Mental Health Support Centre Inc.

MON 10

Panel: Psyching Yourself Up: Building Health from the Inside Out

Presenters: Dr. Sarah Rigby, C.Psych., Dr. Katherine Kovachik, C.Psych.,
Dr. Jacqueline Hogue, C.Psych., and Dr. Sarah Petty, C.Psych.
Time: 6:00-7:00pm
Location: West Kildonan Library Program Room
Registration: <https://wpl.libcal.com/event/3877192>

FRI 14

Documentation IS Self-Care! Psychology Month Webinar for Female Mental Health Therapists (Online)

Presenters: Dr. Karen Dyck, Dr. Melissa Tiessen, and Dr. Maelisa McCaffrey
Time: 12:00 -1:00 pm
Registration: <https://bit.ly/4juOZDK>

WED 19

Self-Regulation In Children (Online)

Presenters: Dr. Megan Hebert, Julia Meyers, Ryley Kowalski, and Nicole Tongol
Time: 5:00 - 7:00 pm
Registration: <https://www.kidthink.ca/event/self-regulation-in-children-3/>

THU 20

Brain Health: Beyond Diet and Exercise (Online)

Presenter: Dr. Colleen Millikin
Time: 12:00 - 1:00 pm
Registration: <https://wpl.libcal.com/event/3877201>

TUE 25

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

Presenters: Dr. Jen Theule, Dr. Michelle Ward, and Dr. Brenna Henrikson
Time: 12:00 - 1:00 pm
Zoom ID: 675 5840 2953 Passcode: 652890
Zoom Link: <https://bit.ly/40ph9aF>

THU 27

Transition to Parenthood: Magic, Myths, and Mental Health (Online)

Presenter: Dr. Gillian Alcolado
Time: 12:00 - 1:00 pm
Registration: <https://wpl.libcal.com/event/3877207>

THU 27

Panel: When Things go Badly: How Openness can Help (Online)

Presenter: ACT Manitoba
Time: 7:00 - 8:00 pm
Zoom Link: <https://us02web.zoom.us/j/85771829308>

More exciting updates will follow for Psychology Month

These are free talks open to the general public.

For more information please contact Dr. Joanna Bhaskaran or Dr. Megan Hebert: psychologymonth.mps@gmail.com. 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.