

BCPA is hosting free public presentations in February for Psychology Month, an annual campaign that raises awareness about the role of Psychology in shaping mentally healthy communities.

From enhancing your personal resilience to strengthening your relationships, there's bound to be something that interests you. Check out the presentation schedule below and don't forget to spread the word!

## **ENHANCING MENTAL HEALTH THROUGH CREATIVITY**

Tuesday, February 4, 2020 | 7:30-9:00pm  
Dr. Alina Sotskova R.Psych.  
Vancouver Public Library, Central Branch  
350 West Georgia Street, Vancouver, BC

## **THE SUPERPOWER OF LOVE: HOW TO UNLEASH IT & UPGRADE YOUR RELATIONSHIPS IN OUR DISCONNECTED WORLD**

Tuesday, February 11, 2020 | 7:00-8:30pm  
Dr. Rotem Regev, R.Psych.  
Vancouver Public Library - Central Branch  
350 West Georgia Street, Vancouver

## **ENHANCING YOUR PERSONAL & WORKPLACE RESILIENCY**

Tuesday, February 18, 2020 | 7:00-8:30pm  
Dr. Joti Samra, R.Psych.  
Vancouver Public Library - Central Branch  
350 West Georgia Street, Vancouver

## **HELPING ASIAN FAMILIES WITH A TRANSGENDER FAMILY MEMBER**

**(Talk In Cantonese)**

Saturday, February 22, 2020 | 1:00-2:30pm  
Dr. Wallace Wong, R. Psych.  
S.U.C.C.E.S.S.  
28 West Pender Street, Vancouver, BC V6B 1R6

## **WHAT IS EMOTIONAL SELF-REGULATION AND HOW DO WE DO IT?**

- Wednesday, February 26, 2020 | 6:30-8:00pm  
Dr. Rosa Wu, R.Psych.  
New Westminster Public Library - Main Branch  
716 6th Avenue, New Westminster
- **(Talk In Mandarin)**  
Saturday, February 22, 2020 | 1:00-2:30pm  
Dr. Rosa Wu, R.Psych.  
Pathways Clubhouse  
315 – 8111 Granville Avenue, Richmond

## **EL MANEJO DE ESTRÉS Y LA SALUD**

**(Talk In Spanish)**

Thursday, February 6, 2020 | 6:30-8:00pm  
Dr. Erika Horwitz, R.Psych.  
Vancouver Public Library, Kensington Branch  
1428 Cedar Cottage Mews, Vancouver, BC

## **MANAGING PERFORMANCE ANXIETY: STRATEGIES FOR SPORT, WORK, AND SCHOOL**

Wednesday, February 12, 2020 | 6:30-8:00pm  
Zarina Giannone, M.A. & Dr. Patrick Myers, R.Psych.  
Dunbar Community Centre  
4747 Dunbar St, Vancouver BC V6S 2H2

## **DON'T PANIC: EASY, EVERYDAY WAYS TO MANAGE ANXIETY**

Wednesday, February 19, 2020 | 7:00-8:30pm  
Dr. Rachel Mallory, R. Psych.  
City Centre Library  
10350 University Drive, Surrey, BC V3T 4B8

## **EMOTIONAL LITERACY 101**

Monday, February 24, 2020 | 7:00-8:30pm  
Alicja Dobrzanski, B.Sc. & Dr. Patrick Myers, R.Psych.  
Dunbar Community Centre  
4747 Dunbar St, Vancouver BC V6S 2H2

## **MINDFULNESS BASED STRESS REDUCTION**

- Thursday, February 20, 2020 | 7:00-8:30pm
  - Saturday, February 29, 2020 | 11:00am-12:30pm
- Dr. Kasim Al-Mashat, R. Psych.  
Centre For Mindfulness Canada\*  
107-3711 Delbrook Ave, North Vancouver

## **WHAT IS COGNITIVE BEHAVIOR THERAPY (CBT)?**

**(Talk In Cantonese)**

Tuesday, February 25, 2020 | 7:00-8:30pm  
Dr. Debbie Leung, R. Psych.  
Vancouver Public Library - Central Branch  
350 West Georgia Street, Vancouver