



# February is Psychology Month!

## Free Public Presentation Schedule for 2020

Tricities, Fraser Valley, Interior (Port Coquitlam, Port Moody, Coquitlam, Abbotsford, Kelowna)

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!

### **NEUOTRIBES: AUTISM IN THE 21ST CENTURY**

Wednesday, February 12, 2020 | 7:00-8:30pm  
Dr. Cheryl Ainsworth, R. Psych.  
Fraser Valley Regional Library - Clearbrook Branch  
32320 George Ferguson Way, Abbotsford, V2T 6N4

### **HELPING CHILDREN CHASE AWAY WORRY: UNDERSTANDING AND MANAGING ANXIETY IN CHILDREN**

Wednesday, February 26, 2020 | 7:00-8:30pm  
Ms. Samiramis du Sautoy, RCC  
Coquitlam Library - City Centre Branch  
1169 Pinetree Way, Coquitlam, BC V3B 0Y1

### **TIME MANAGEMENT AND STRESS: TIPS AND STRATEGIES TO GET YOURSELF BACK ON TRACK**

Thursday, February 13, 2020 | 6:30-8:00pm  
Ms. Irene Spelliscy, R.Psych.  
Kelowna Downtown Library - ORL Branch  
1380 Ellis St., Kelowna

*Presentations are hosted in association with our community partners: Fraser Valley Regional Library, Kelowna Downtown Library, and Coquitlam Library*