

FEBRUARY IS
PSYCHOLOGY MONTH

MINDFULNESS:

An Effective Way to Reduce Stress and
Increase Well-being

Presented by Dr. Erika Horwitz, R.Psych.

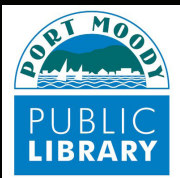
Thursday, February 7th, 2019 | 7:00-8:00pm
Port Moody Public Library*

100 Newport Drive, Port Moody
askthelibrary@portmoody.ca, (604) 469-4577

Mindfulness has been found to be of great benefit for mental and physical health. Neuro-scientific research suggests that the use of mindfulness can help rewire the brain for those who experience issues like anxiety, depression, OCD (see Schwartz, 2003, 2012). Mindfulness therapies such as Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Cognitive Behavioural therapy and the Mindfulness Based Stress Reduction have all been effective in assisting people find relief from stress, anxiety, depression, physical pain, emotion dysregulation and so on.

*Please contact venue to register

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FREE PRESENTATION



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