



BRITISH
COLUMBIA
PSYCHOLOGICAL
ASSOCIATION

February is Psychology Month!

Free Public Presentation Schedule for 2019

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!

PERSISTING PAIN AND HOW TO MANAGE YOUR CHRONIC PAIN

Tuesday, February 5, 2019 | 7:00pm-8:00pm
Dr. Patrick Myers, R.Psych. & Ms. Lynnaea Northey
Port Moody Public Library*
100 Newport Drive, Port Moody

Tuesday, February 19, 2019 | 7:00pm-8:30pm
Dr. Patrick Myers, R.Psych. & Ms. Sarika Vadrevu
Vancouver Public Library - Renfrew Branch
2969 E 22 Ave, Vancouver

MINDFULNESS: AN EFFECTIVE WAY TO REDUCE STRESS AND INCREASE WELL-BEING

Thursday, February 7, 2019 | 7:00pm-8:00pm
Dr. Erika Horwitz, R.Psych.
Port Moody Public Library*
100 Newport Drive, Port Moody

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

Monday, February 11, 2019 | 7:00pm-8:30pm
Dr. Rotem Regev, R.Psych.
Vancouver Public Library - Central Branch
350 West Georgia Street, Vancouver

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

Tuesday, February 12, 2019 | 7:00pm-8:30pm
Ms. Semiramis du Sautoy, RCC & Ms. Beverly Kort, R.Psych.
Burnaby Public Library - McGill Branch
4595 Albert Street, Burnaby

Monday, February 25, 2019 | 7:00pm-8:00pm
Ms. Samiramis du Sautoy, RCC & Ms. Sofia Khouw, R.Psych.
Port Moody Public Library*
100 Newport Drive, Port Moody

ENHANCING RESILIENCE & PSYCHOLOGICAL WELL-BEING

Saturday, February 16, 2019 | 1:00pm-2:30pm
Dr. Alina Sotkova, R.Psych.
Vancouver Public Library - Britannia Branch
1661 Napier Street, Vancouver

Presentations are hosted in association with our community partners: Vancouver Public Library, Port Moody Library, Dunbar Community Centre, Richmond Public Library and the Centre for Mindfulness Canada.

*Call venue to register due to limited seating

** Pre-registration is required, please visit www.drkasimalmashat.com

STRIVING FOR PERFECTION VERSUS STRIVING FOR EXCELLENCE

Thursday, February 21, 2019 | 7:00pm-8:30pm
Dr. Patrick Myers, R.Psych. & Dr. Linda Stull, R.Psych.
Dunbar Community Centre
4747 Dunbar St, Vancouver

BE THE BEST VERSION OF YOURSELF

Saturday, February 23, 2019 | 11:00am-12:30pm
Dr. Sara David, R.Psych.
Dunbar Community Centre
4747 Dunbar St, Vancouver

MINDFULNESS FOR RESILIENT TEENAGERS

Sunday, February 24, 2019 | 3:00pm-4:00pm
Dr. Kasim Al-Mashat, R.Psych.
Centre For Mindfulness Canada**
107-3711 Delbrook Ave, North Vancouver

HOW TO BECOME A MENTAL HEALTH AMBASSADOR (ENGLISH & MANDARIN)

Tuesday, February 26, 2019 | 4:00pm-5:30pm
Dr. Rosa Wu, R.Psych.
Richmond Public Library*
100-7700 Minoru Gate, Richmond

LEARNING ABOUT GENDER IDENTITY IN CHILDREN AND YOUTH ANYWHERE

Thursday, February 28, 2019 | 7:00pm-8:30pm
Dr. Wallace Wong, R.Psych.
Vancouver Public Library - Kitsilano Branch
2425 MacDonald Street, Vancouver

MINDFULNESS BASED STRESS REDUCTION (MBSR)

Saturday, February 16, 2019 | 11:00am-12:30pm
Dr. Kasim Al-Mashat, R.Psych.
Centre For Mindfulness Canada**
107-3711 Delbrook Ave, North Vancouver

Thursday, February 28, 2019 | 7:00pm-8:30pm
Dr. Kasim Al-Mashat, R.Psych.
Centre For Mindfulness Canada**
107-3711 Delbrook Ave, North Vancouver

ASK A PSYCHOLOGIST: STAYING CONNECTED

Thursday, February 7, 2019 | 7:00pm-8:30pm
An interactive evening with experts on marriage, family, and social relationships.
Panelists (R.Psych.): Dr. Marilyn Chotem, Dr. Veronica Kallos-Lilly, Dr. Anna Khaylis, Dr. Patrick Myers, Dr. Rotem Regev and Dr. Michael Sheppard.
Vancouver Public Library - Central Branch
350 West Georgia Street, Vancouver