

THE PSYCHOLOGY OF EVERYDAY LIFE: FINDING YOUR WAY

Central Library

Stevenson & Hunt room A
251 Dundas Street, London, ON

Free!

No registration
required.



2 hours free validated
parking in Citi Plaza
during Library hours.

2018

The purpose of these talks is to offer evidence based information and not individual therapeutic advice. Talks are reviewed by Ph.D.-level faculty members in the Department of Psychology at Western University. If you have an ethical concern about these talks, please contact: dladowsk@uwo.ca.

THURSDAY, FEBRUARY 22

Children's Mental Health:
Self Regulation & Sleep

7 PM

SELF-REGULATION: TEACHING KIDS THE ART OF SELF-CONTROL

Lindsay Gabel

The ability to control one's behaviour, thoughts, and emotions is important for success in school, relationships, and the workplace. Join us for a discussion on the research behind self-regulation and how we can help kids learn to manage frustration, control impulses, and resist distractions.

7:40 PM

SWEET DREAMS: EXPLORING CHILD AND YOUTH SLEEP

Adam Newton

How much sleep do children need? This talk will explore the basics of children's sleep and the impacts of sleep on daytime ability from preschool to high school. Join us for a discussion on sleep and learn about its importance!

THURSDAY, MARCH 8

Community Mental Health:
Understanding the System
and Your Emotions

7 PM

NAVIGATING THE MENTAL HEALTH SYSTEM

Kimberely Dossett & Adam Newton

What can you expect from London Mental Health Services? Learn where and when to find help, what services our city has to offer, and how you can get involved.

7:40 PM

EMOTION REGULATION: TAKING CONTROL OF YOUR EMOTIONS

Monica Tomlinson

This talk will help you better understand your emotions and will guide you through strategies for managing your emotional responses to situations in a healthier and more effective way.

THURSDAY, MARCH 15

Chronic Pain & Healthy Aging:
Issues and Research

7 PM

HEALTHY AGING: COGNITIVE AND EMOTIONAL CONSIDERATIONS

Dora Ladowski

As the Canadian population continues to age, researchers are learning more about the protective factors that promote psychologically healthy aging. Learn about everyday practices and lifestyle choices that contribute to cognitive and emotional well-being in aging.

7:40 PM

FOR FAST ACTING RELIEF TRY SLOWING DOWN: COPING EFFECTIVELY WITH CHRONIC PAIN

Ola Mohamed Ali

It is reported that one in five Canadians suffers from chronic pain, a debilitating condition that often results in substantial deterioration in one's quality of life. This talk will cover the behavioral changes associated with this condition, focusing on effective management and the difference between adaptive and maladaptive coping.