

Finding Your Way

A lecture series on the psychology of everyday life



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.

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 the University of Western Ontario. If you have an ethical concern about these talks, please contact: ataethic@uwo.ca

2014

Saturday, February 1

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|--------------|---|
| 9 –10:30am | Positive Psychology Approaches to Everyday Life |
| 10:30am–12pm | Finding Mental Health Help: Navigating the System and Accessing Services |
| 12–1:30pm | The Mind-Body Connection |
| 1:30–3pm | Coping with Stress: Distress Tolerance and Mindfulness |
| 3–4:30 pm | Learning Diversity and Disability |

Wednesday, February 5

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| 6–7:30pm | Responding to Difficult Child Behaviour |
| 7:30–9pm | Emotion Regulation: Keeping Emotions in Check |