

# 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 Western University. If you have an ethical concern about these talks, please contact: [ataethic@uwo.ca](mailto:ataethic@uwo.ca).



# 2016

## WEDNESDAY, FEBRUARY 3

- 6:30 PM **Don't Panic: How Stress Changes the Body and Mind**
- 7:30 PM **Healthy Aging: Cognitive and Emotional Considerations**

## SATURDAY, FEBRUARY 6

- 9:30 AM **Dodging Depression: Early Detection and Prevention**
- 10:30 AM **Mindfulness**
- 11:30 AM **Strength in Numbers: Your Role in Supporting Friends, Family, and Colleagues Living With Mental Illness**
- 1:30 PM **Close Relationships and Mental Health**
- 2:30 PM **Smartphone Apps for Mental Health**
- 3:30 PM **Assertiveness Skills for Healthy Relationships**

## WEDNESDAY, FEBRUARY 10

- 6:30 PM **Crime and Punishment: A Journey Through the Criminal Justice System in Ontario**
- 7:30 PM **Access to Mental Health Services in London**