

# 2016 Finding Your Way

A lecture series on the  
psychology of everyday life

## Central Library

251 Dundas Street  
Stevenson & Hunt Meeting Room A

No registration required.

Free!



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).

## WEDNESDAY, FEBRUARY 3

6:30 PM **Don't Panic: How Stress  
Changes the Body and Mind**  
SARAH OUELLETTE

Repeated or long-term stress can profoundly alter brain structure and function. Join us for a discussion of the effects of chronic stress on your mood, memory, and attention, as well as some everyday strategies for stress reduction.

7:30 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.

## SATURDAY, FEBRUARY 6

9:30 AM **Dodging Depression: Early  
Detection and Prevention**  
LINDSAY SZOTA & JESSE WILDE

Join us as we discuss strategies for preventing the onset and maintenance of depression.

10:30 AM **Mindfulness**  
NADIA MAIOLINO

Mindfulness strategies help to ground us in the present moment, and have been associated with a number of psychological benefits. This talk will provide an overview of mindfulness, in which individuals will have the opportunity to learn about and practice mindfulness skills.

11:30 AM **Strength in Numbers: Your Role in  
Supporting Friends, Family, and  
Colleagues Living With Mental Illness**  
MATTHEW VANDERMEER & BRYAN GRANT

With 1 in 5 personally experiencing a mental illness during their lifetime, everyone will be indirectly affected by the mental health challenges of a family member, friend, or colleague. We will discuss the ways that you can effectively support those in your life experiencing mental illness and the benefits your support can confer.

1:30 PM **Close Relationships and Mental Health**  
CHRISTIAN HAHN

This session will provide an informative look at ways in which common components of your relationship influence the present and future mental health of you and your partner.

2:30 PM **Smartphone Apps for Mental Health**  
CHLOE LAU & CATALINA SARMIENTO

Learn about the current trends and research on smartphone apps for mental health assessment, education, and intervention.

3:30 PM **Assertiveness Skills for  
Healthy Relationships**  
KATERINA RNIC

Assertive communication is key for healthy relationships. Learn about cognitive and behavioural strategies for overcoming obstacles to being assertive, and for developing more effective communication skills that don't rely on passive or aggressive responses.

## WEDNESDAY, FEBRUARY 10

6:30 PM **Crime and Punishment: A Journey  
Through the Criminal Justice System  
in Ontario**  
ERIN SHUMLICH & MONICA TOMLINSON

Interested in taking a tour of our correctional and forensic mental health systems? Want to know the differences between jails, prisons, and forensic psychiatric hospitals? We will discuss how these systems work, how we rehabilitate individuals within the criminal justice system, and what misconceptions surround this population.

7:30 PM **Access to Mental Health Services  
in London**  
KIMBERLY 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 in and navigate the mental health system, for both adults and children.