

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

SATURDAY, FEBRUARY 7

10:15am

**Me, Worry?
Understanding and
Combatting Anxiety**

11:15am

**Crime and Punishment:
A Journey Through the
Criminal Justice System
in Ontario**

12:15pm

**Close Relationships and
Mental Health**

1:15pm

**Nature AND Nurture:
The Interplay
between Biology
and Environment in
Depression**

2:15pm

Mind-Body Connection

SATURDAY, FEBRUARY 21

9:15am

**Core Beliefs: The Filters
Through Which We
Experience the World**

10:15am

**Everyday Practices to
Protect and Improve
Cognition**