

PSYCHOLOGY IS FOR EVERYONE

Explore insightful topics and gain valuable knowledge with our upcoming series of free webinars hosted by local psychologists.

FEB 6

How to Get Your Child to Go to Sleep and Stay Asleep

Time: 7:00 – 8:00 pm
 Dr. Kirsten Wirth
 Zoom ID: 862 8681 0133
 Passcode: 340707
 Zoom link:
<https://us02web.zoom.us/j/86286810133?pwd=Z0d5dGhOEtMRTBzS3JRd1FyNXhvdz09>

FEB 7

Self-ish? Exploring the Role of Self and our Mental Health

Time: 7:00 – 8:00 pm
 Drs. Sonia Marrone & Saint Kokoky
 Zoom ID: 849 7624 0947
 Passcode: 041569
 Zoom link:
<https://us02web.zoom.us/j/84976240947?pwd=TzZDYTVuSGdjanlKampoNWRjVk94QT09>

FEB 9

Quality Time Over Time Out: Reducing Your Child's Tantrums Through Connection

Time: 7:00 – 8:00 pm
 Drs. Jennifer Theule, Brenna Henrikson, & Michelle Ward
 Zoom ID: 825 0192 6621
 Passcode: 233467
 Zoom link:
<https://us06web.zoom.us/j/82501926621?pwd=rdeO1TAwnR0yuJycgFvcaD27py1eAc.1>

FEB 12

Self-Compassion is for Everyone

Time: 12:00 – 1:00 pm
 Dr. Brigitte Sabourin & Ms. Li-elle Rapaport
 Please register through the Millennium Library link:
<https://wpl.libcal.com/event/3783188>

FEB 13

I Like to Move it Move it! Tools for Motivation When You Don't Feel Like Getting off the Couch

Time: 7:00 – 8:00 pm
 Dr. Sarah Rigby
 Zoom ID: 878 4432 9942
 Passcode: 969106
 Zoom link:
<https://us06web.zoom.us/j/87844329942?pwd=Myk8GUybeuM9zy9XOwVxj6uj528bbT.1>

FEB 20

Navigating Grief

Time: 10:00 – 11:00 am
 Dr. Lesley Koven and Resident Xialoei Deng
 Please register through:
https://secure.alzheimer.mb.ca/site/Ecommerce/1604818280?VIEW_PRODUCT=true&product_id=2667&store_id=2721&utm_source=Navigating+Grief+Registration&utm_medium=Family+Education+Winter+2024+Calendar&utm_campaign=Family+Education+2024

FEB 21

Mindfulness for Children and Caregivers

Time: 5:00 – 6:30 pm
 Ms. Julia Meyers, MSW, Lara Penner-Goeke, & Dr. Megan Hebert
 Please register at:
<https://www.kidthink.ca/event/mindfulness-for-children-and-caregivers-3/#rsvp-now>

FEB 23

Our Top 5 Skills for Sport and Life

Time: 7:00 – 8:00 pm
 Dr. Lindsay Wishnowski & Ms. Justine Fredette, C.C.C.
 Zoom ID: 821 5854 5580
 Passcode: 758043
 Zoom link:
<https://us02web.zoom.us/j/82158545580?pwd=QzdvUWZnMnprTDRNm04WjNQOR0RVdz09>

FEB 26

Gender Identity and Diversity in Children and Adolescents

Time: 12:00 – 1:00 pm
 Dr. Jen Ducharme
 Please register through the Millennium Library link:
<https://wpl.libcal.com/event/3783193>

FEB 29

Caught in Your Thoughts? ACT to Get Unstuck

Time: 7:00 – 8:00 pm
 Drs. Heather Simister, Karen O'Brien, & James Ediger
 Zoom ID: 879 3269 6825
 Zoom link:
<https://us02web.zoom.us/j/8793269682593>

For more information please contact Dr. Megan Hebert: psychologymonth.mps@gmail.com

These are free talks open to the general public.

The presentations offered are on topics of a psychological nature that are likely to be of interest to the public. Manitoba Psychological Society does not claim to endorse any opinions presented or to guarantee that the material presented represents information generally endorsed within the profession of Psychology.