



# February is PSYCHOLOGY MONTH

*"Psychology is for Everyone"*

## 2011 PSYCHOLOGY MONTH ACTIVITIES

### February 2

Keeping Your New Year's Resolution: How to Get and Stay Active

*Dr. Julie Beaulac*

755 Portage Avenue, WRHA Building, Recreation Room, 12:30 – 1:30PM

**OPEN TO THE PUBLIC**

### February 4

Recruiting Through the Stages ... and Beyond

*Dr. Krista Uggerslev*

P412 Duff Roblin Building, Fort Garry Campus, University of Manitoba  
3:00 – 4:00PM

**OPEN TO THE PUBLIC**

### February 7

Grief and Loss of Pregnancy or Newborn Life

*Dr. Carrie Lionberg & Ms. Tevya Hunter*

Room 163, Access Transcona, 845 Regent Avenue West, 6:00 – 7:30PM

**OPEN TO THE PUBLIC**

### February 9

Helping the Emotionally Volatile Child: A bio-emotive integral approach

*Dr. Douglas Tataryn*

5<sup>th</sup> Floor Rm 60, Rice Financial Bldg.  
7:00 – 9:00PM

**INVITATION ONLY**

### February 10

Hear today, gone tomorrow: Psychological strategies for living well with hearing loss

*Dr. Lesley Graff & Ms. Lauren Yallop*

1st Floor Conference Room at the Deer Lodge Centre, 2109 Portage Avenue

2:00 – 3:30PM (following a brief meeting of the Manitoba Chapter of the Hard of Hearing Association of Canada)

**OPEN TO THE PUBLIC**

### February 10

Identifying high risk sex offenders

*Dr. Richard J. Howes*

Rm 1L11, Lockhart, University of Winnipeg, 420 Colony St.  
7:00 – 8:00PM

**OPEN TO THE PUBLIC**

The Science of Dementia for the caregiver support group

*Dr. Colleen Millikin*

Calvary Place Personal Care Home  
6:30PM

**OPEN TO SUPPORT GROUP MEMBERS**

### February 11

Small Reminders of Money Produce Big Changes in Behavior

*Dr. Kathleen Vohs*

P412 Duff Roblin Building, Fort Garry Campus, University of Manitoba  
3:00 – 4:00PM

**OPEN TO THE PUBLIC**

### February 15

Effects of Living with Chronic Illness on Personal Relationships

*Dr. Carrie Lionberg, Ms. Alissa Levy & Ms. Rebecca Wells*

Reh-Fit Centre, 1390 Taylor Ave.  
7:00 – 8:00PM

**OPEN TO THE PUBLIC**

### February 16

How your mind affects your heart: what you need to know and do, whether you have heart disease or not!

*Dr. George Kaoukis & Laurel Mollison RN*

Reh-Fit Centre, 1390 Taylor Ave.  
6:30 – 8:00PM

**OPEN TO THE PUBLIC**

### February 16

Turn "No Way" into "Okay:" Getting your child to listen & follow instructions happily

*Dr. Kirsten Wirth*

Youville Centre, 33 Marion Street  
6:45 – 8:45PM

**OPEN TO THE PUBLIC**

Mindfulness & Emotional Clarity in Sports: A Bio-Emotive Integral Approach

*Dr. Douglas Tataryn*

2nd floor lounge, Duckworth Centre, University of Winnipeg  
7:00 – 8:30PM

**OPEN TO THE PUBLIC**

### February 17

Is Ms. Daisy still driving? DriveABLE Manitoba-assessing driver competence

*Dr. Andrew Jones*

P230 Duff Roblin Building, Fort Garry Campus, University of Manitoba  
7:00 – 8:00PM

**OPEN TO THE PUBLIC**

### February 22

Memory and aging: What's normal and what's not

*Dr. Corey Mackenzie*

Rady Jewish Community Centre, 123 Doncaster Street  
5:00 – 6:30PM

**OPEN TO THE PUBLIC**

### February 24

Coping with Postpartum Depression: What You Need to Know

*Dr. Carrie Lionberg & Ms. Alissa Levy*

Rady Jewish Community Centre, 123 Doncaster Street  
5:45 – 6:45PM

**OPEN TO THE PUBLIC**

*Watch Breakfast Television Friday, February 4<sup>th</sup> to hear an overview of Psychology Month and our planned*

Throughout February 2011, look for Posters about "PSYCHOLOGY MONTH" in all Winnipeg Public Libraries and Organizations in which Psychologists currently work!

*For the full schedule please see the calendar on the MPS website:*  
[www.mps.mb.ca](http://www.mps.mb.ca)

