



Psychology Month

St. Joseph's
Healthcare  Hamilton

2023 Virtual Speaker Series

We are continuing our collaboration between St. Joseph's Healthcare Hamilton and the Hamilton Public Library to host a series of virtual talks on mental health and well-being for Psychology Month. This year all talks will be recorded and hosted on the Hamilton Public Library's YouTube Page. The recorded talks will be posted throughout the month of February and will be available until the end of April. Please refer to the Hamilton Public Library Website or the Hamilton Public Library's YouTube page for further details. This year's talks will include the following topics:

Understanding and Managing Symptoms of Depression | *Speakers: Dr. Aislinn Sandre and Dr. Colleen Merrifield, C.Psych.*

Tackling Anxiety: Strategies for Managing and Coping with Anxiety | *Speakers: Dr. Melissa Milanovic and Dr. Jean-Philippe Gagné*

Pillow Talk: Strategies for Managing Insomnia | *Speakers: Dr. Adrijana Krsmanovic, C.Psych and Dr. Tyler Tulloch, C.Psych.*

Being Mindful: The Basics of Mindfulness Meditation | *Speakers: Dr. Nena Wang and Dr. Cara Dunkley*

Helping a Loved One with Mental Illness | *Speakers: Dr. Danielle Rice, C.Psych. (Supervised Practice) and Dr. Pauline Leung*

Presented in partnership by:

