

Psychology Month

2021 Speaker Series at Hamilton Public Library



We are continuing our collaboration between St. Joseph's Healthcare Hamilton and the Hamilton Public Library to host a series of talks on mental health and well-being for Psychology Month. This year, in light of the COVID-19 pandemic, all talks will be virtual and will be 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 March. 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:

Helping a Loved One with Mental Illness | *Speakers: Danielle Rice and Pauline Leung*

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

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

Grief and Loss in the Era of COVID-19 | *Speakers: Dr. Joe Pellizzari, C.Psych., Dr. Molly McCarthy, C.Psych. (Supervised Practice).*

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

Presented in partnership by:

