



2024 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:

Brain Health and Aging | Speakers: *Dr. Emily MacKillop, C.Psych., ABPP*
Dr. Katie Walker, Psy.D.

Stress & Relaxation | Speakers: *Ily Goossens, MSc, Psychology Resident,*
Dr. Matilda Nowakowski, C.Psych.

My Body & Me: Tools for Improving Body Satisfaction | Speakers: *Dr. Keisha Gobin,*
C. Psych. (Supervised Practice), Dr. Sarah McComb, C.Psych. (Supervised Practice)

Problematic Substance Use: How to Spot It and What to Do? | *Dr. Sabrina Syan,*
C.Psych., Emily Levitt, BA, Psychology Resident

Social anxiety in adolescents: Tips for teens and their support system/cheerleaders | Speakers: *Jennifer Ip, MA, Psychology Resident,*
Sonja Chu, MA, Psychology Resident

Just Snap Out of It: A Discussion and Exploration of Common Mental Health Myths | *Dr. Matt Vandermeer, C.Psych.*

Have you experienced a loss recently? The Psychology of Grief | *Dr. Joseph Pellizzari, C.Psych.*

Presented in partnership by:

