

Psychology Month

2018 Speaker Series at Hamilton Public Library



Thu Feb 1, 7pm – **Strategies for Managing Insomnia** | *Speakers: Tyler Tulloch and Michael Grossman* | Terryberry Branch, 100 Mohawk Rd. W. 905-546-3921

Thu Feb 1, 7pm – **Better Solutions to Dealing with Procrastination** | *Speakers: Eleanor Donegan, Ph.D. and Stephanie Waechter, Ph.D.* | Turner Park Branch, 352 Rymal Rd. E. 905-546-4790

Sat Feb 3, 1:30pm – **Dementia and Strategies to Reduce the Risk** | *Speakers: Elmar Gardizi, Ph.D. and Katharine Jongsma* | Dundas Branch, 55 Cootes Dr. 905-627-3507

Tue Feb 6, 7pm - **The Basics of Mindfulness Meditation** | *Speakers: Stephanie Waechter, Ph.D. and Colleen Merrifield, Ph.D.* | Turner Park Branch, 352 Rymal Rd. E. 905-546-4790

Tue Feb 6, 7pm – **Strategies for Managing and Coping with Anxiety** | *Speakers: Matilda Nowakowski, Ph.D., Lauren David and Hanna McCabe-Bennett* | Westdale Branch, 955 King St. W. 905-546-3456

Wed Feb 7, 6:30pm – **Strategies for Managing and Coping with Chronic Pain** | *Speakers: Matilda Nowakowski, Ph.D. and Katherine Jongsma* | Central Library, 55 York Blvd, Register at 905-546-3200 x3434

Thu Feb 8, 6:30pm - **The Basics of Mindfulness Meditation** | *Speakers: Stephanie Waechter, Ph.D. and Colleen Merrifield, Ph.D.* | Sherwood Branch, 467 Upper Ottawa St. 905-546-3249

Sat Feb 10, 11:30am – **Strategies for Managing and Coping with Anxiety** | *Speakers: Matilda Nowakowski, Ph.D., Anita Hibbert and Hanna McCabe-Bennett* | Terryberry Branch, 100 Mohawk Rd. W. 905-546-3921

Thu Feb 15, 6:30pm – **Assertiveness** | *Speakers: Eleanor Donegan, Ph.D. and Michael Grossman* | Sherwood Branch, 467 Upper Ottawa St. 905-546-3249

Wed Feb 21, 6:30pm – **Managing Big Emotions** | *Speakers: Katherine Holshausen, Ph.D., Mengran Xu and Anita Hibbert.* | Central Library, 55 York Blvd, 905-546-3200 x3434

Thu Feb 22, 7pm – **Strategies for Managing Insomnia** | *Speakers: Tyler Tulloch and Michael Grossman* | Westdale Branch, 955 King St. W. 905-546-3456

Sat Feb 24, 11am – **Dementia and Strategies to Reduce the Risk** | *Speakers: Elmar Gardizi, Ph.D. and Katharine Jongsma* | Turner Park Branch, 352 Rymal Rd. E. 905-546-4790

Sat Feb 24, 1:30pm - **The Basics of Mindfulness Meditation** | *Speakers: Mengran Xu and Lauren David* | Dundas Branch, 55 Cootes Dr. 905-627-3507

Presented in partnership by:

