

# Finding Your Way 2010

A lecture series on the psychology of everyday life

Central Library  
251 Dundas Street  
Stevenson & Hunt Meeting Room A  
(Feb. 4, Feb. 11, Feb.25  
Stevenson & Hunt room B)

Free! No registration required.

2 hours free validated parking  
in Citi Plaza during Library hours.



## MONDAY, FEBRUARY 1 . . . . .

7 pm **Parenting: Developing Healthy Relationships with Your Children**  
Kathleen O'Connor, Tara Morley and Ya Xue

## THURSDAY, FEBRUARY 4 – STEVENSON & HUNT ROOM B . . . . .

6:30 pm **Mindfulness Meditation**  
*also on Saturday Feb.13 at 1 pm*  
Alexandra McIntyre-Smith and Francois Botha  
8 pm **"I just don't have the willpower!": Strategies for Healthy Eating and Physical Activity for People Living with Diabetes**  
Shannon Currie

## SATURDAY, FEBRUARY 6 . . . . .

10am **Tools for Caregivers of Children with Learning Disabilities**  
Vanessa Hamill  
11:30 am **Learning About Learning: What You Wish You Knew**  
Rebecca McDermott  
1 pm **Getting Past Personal Barriers to Good Study and Work Habits: "I Can But I Won't, I Should but I Don't"**  
Matthew Shanahan  
2:30 pm **Friends and Loved Ones of Addicts: Is There Help for Me?**  
Erin Ross

## THURSDAY, FEBRUARY 11 – STEVENSON & HUNT ROOM B . . . . .

6:30 pm **Managing Stress in the Real World**  
Pamela Seeds  
8 pm **Collaborative Problem Solving with Children**  
Colin King

## SATURDAY, FEBRUARY 13 . . . . .

10 am **How do I Look? Understanding Human Interest in Body Image**  
Janani Sankar  
11:30 am **Obsessive Compulsive Disorder (OCD): Understanding WHAT it is and HOW to deal with it**  
Patricia Jordan

1 pm **Mindfulness Meditation**  
*also on Thursday, Feb.4th at 6:30 pm*  
Alexandra McIntyre-Smith and Francois Botha  
2:30 pm **Helping a Friend or Family Member with Depression**  
Sol Ibarra-Rovillard

## SATURDAY, FEBRUARY 20 . . . . .

11:30am **The Road to Success: How to Promote Healthy Brain Development in Children**  
Megan Hancock  
1 pm **Kids and Stress: Understanding What Stresses Kids Out and How to Help Them**  
Patricia Jordan  
2:30 pm **How to Have a Good Night's Sleep**  
Kathryn Turnbull and Aimée Coulombe

## TUESDAY, FEBRUARY 23 . . . . .

6:30 pm **Childhood Cancer: Effects on the Family**  
Kendra Massie  
8 pm **Dementia: What to Expect and How to Cope**  
Carolyn Wilson

## THURSDAY, FEBRUARY 25 - STEVENSON & HUNT ROOM B . . . . .

7 pm **Gender Identity: Redefining "She" and "He"**  
Claire Salisbury

## SATURDAY, FEBRUARY 27 . . . . .

10 am **Understanding Bullying: What is it, Why Does it Happen, and How Can Adults Help?**  
Emily Simkins-Strong  
11:30 am **Building Youth Self Esteem: An Interactive Seminar**  
This presentation is **CHILD FRIENDLY** – Youth (ages 6-15) are welcome and encouraged to attend with their parents or adult mentors!  
Lyndsay Evraire and Kim Edwards  
1 pm **Monkey See Monkey Do: How Does Your Behavior Affect Your Child?**  
Katie Kryski  
2:30 pm **Understanding and Reducing Difficult Child Behaviour**  
Kathryn Turnbull