



February is Psychology Month! Free Public Presentation Schedule for 2020

Vancouver Island (Victoria, Campbell River, Cowichan Valley)

BCPA is hosting free public presentations in February for Psychology Month, an annual campaign that raises awareness about the role of Psychology in shaping mentally healthy communities.

From enhancing your personal resilience to strengthening your relationships, there's bound to be something that interests you. Check out the presentation schedule below and don't forget to spread the word!

STRESS, HASSLES AND BURNOUT

Wednesday, February 5, 2020 | 6:00-7:30pm

Dr. Barry Stein, R. Psych.
Cowichan Public Library
2687 James St. Duncan

OPIATE CRISIS AND THE CORRECTIONAL SYSTEM:

THE NEED FOR A DRAMATIC CHANGE IN APPROACH

Friday, February 7, 2020 | 2:00-3:30pm

Dr. Bruce Monkhouse, R. Psych.
James Bay Community Project
547 Michigan Street, Victoria, BC V8V 1S5

RELATIONSHIPS: STAYING CONNECTED

Monday, February 10, 2020 | 7:00-8:30pm

Dr. David Mensink, R. Psych.
Cook Street Village Activity Centre
380 Cook St. Victoria BC V8V 3X7

STRESS & IT'S IMPACT ON MENTAL & PHYSICAL HEALTH

Thursday, February 6, 2020 | 6:00-7:30pm

Dr. Du-Fay Der, R. Psych.
Campbell River Library
1240 Shoppers Row, Campbell River BC V9W 2C8

HELPING YOUR CHILD OVERCOME ANXIETY

Saturday, February 8, 2020 | 1:30-3:00pm

Dr. Carlton Duff, R. Psych.
Cook Street Village Activity Centre
380 Cook St. Victoria BC V8V 3X7

Presentations are hosted in association with our community partners: Cowichan Public Library, Campbell River Library, and Kelowna Downtown Library, Cook Street Village Activity Centre and James Bay Community Project