

Free! **Tele-Workshops** 2011-2012



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Présenté en anglais

September 21, 2011 / 7 -8 pm

Your anxiety is getting worse. Now what?

Speaker: Dr. Joseph Rochford, psycho-pharmacologist

October 19, 2011 / 7-8 pm

Why are you so angry? A management guide

Speaker: Tom Caplan, social worker

November 23, 2011 / 7-8 pm

Understanding personality disorders

Speaker: Dr. Suzane Renaud, psychiatrist

January 25, 2012 / 7-8 pm

How to keep stress from running your life

Speaker: Dr. Camillo Zacchia, psychologist

February 22, 2012 / 7-8 pm

Suicide: dos and don'ts that could save a life

Speaker: Melissa Lutchman, family services & Sharon Casey, counselor

March 21, 2012 / 7-8 pm

Know your way around the mental healthcare system

Speaker: Kimberley Jackson, community worker

April 25, 2012 / 7-8 pm

Depression: when it doesn't go away by itself

Speaker: Dr. Joseph Rochford, psycho-pharmacologist

May 16, 2012 / 7-8 pm

The double whammy of mental illness and addiction

Speaker: TBD