



## NEWS RELEASE

### **Mental health *is* health and Psychologists can help – Psychology Month**

**Vancouver, B.C. - (January 27, 2020)** – February marks Psychology Month in British Columbia, an annual campaign that raises awareness about the role of psychology in shaping mentally healthy communities. The BC Psychological Association (BCPA) is hosting 21 free public presentations across Metro Vancouver, the Fraser Valley, and Vancouver Island throughout the month of February.

Each of the talks will be facilitated by a Registered Psychologist with topics ranging from stress and its impact on mental and physical health, managing anxiety, mindfulness, helping children chase away worry, time management, how to upgrade relationships in our disconnected world, and many more.

The Mental Health Commission of Canada notes that mental illnesses and problems affect one in five Canadians in any given year – regardless of age, background, or geographical location. Mental health problems have a high economic cost (estimated to be \$51 billion per year) and take an even greater human toll. Mental health is more than the absence of illness – it is a resource that gives us the capacity to enjoy life and deal with challenges.

“Mental illness does not discriminate - anyone can experience mental illness, and the burden of untreated mental illness can have negative effects on families, the economy and the health care system,” says Alexina Picard, Operations Manager of the BC Psychological Association. “Many people affected by mental illness do not know where or how to seek help. Our referral service can help connect them to a highly trained, local Registered Psychologist who can provide assessment, diagnosis and evidence-based treatment.”

There is a growing need for mental health services and resources across Canada. The BCPA hopes the presentation series will raise awareness that effective psychological treatments exist for the vast majority of mental illnesses and identify where British Columbians can access treatment. The BCPA believes that all British Columbians deserve access to high-quality, clinically proven psychological care provided by Registered Psychologists.

Alexina Picard adds: “We hope that Psychology Month will encourage people to think and talk about their mental health, which is why we are offering free public talks in English, Mandarin, Cantonese and Spanish across Metro Vancouver, the Fraser Valley, Vancouver Island and the Interior.”

**These free talks are sponsored by BCPA:**

<b>Date &amp; Time</b>	<b>Title/Presenter</b>	<b>Location/Contact</b>
Tuesday, February 4 7:30-9:00pm	Enhancing Mental Health through Creativity Dr. Alina Sotskova	Vancouver Public Library Central Branch 350 West Georgia Street, Vancouver, BC
Wednesday, February 5 6:00-7:30pm	Stress, Hassles and Burnout Dr. Barry Stein	Cowichan Public Library 2687 James St., Duncan, BC
Thursday, February 6 6:00-7:30pm	Stress & it's Impact on Mental & Physical Health Dr. Du-Fay Der	Campbell River Library 1240 Shoppers Row, Campbell River, BC
Thursday, February 6 6:30-8:00pm	El Manejo de Estrés y la Salud Dr. Erika Horwitz ( <i>Talk in Spanish</i> )	Vancouver Public Library Kensington Branch 1428 Cedar Cottage Mews, Vancouver, BC
Friday, February 7 2:00-3:30pm	Opiate Crisis and the Correctional System: The Need for a Dramatic Change in approach Dr. Bruce Monkhouse	James Bay Community Project 547 Michigan Street, Victoria, BC
Saturday, February 8 1:30-3:00pm	Helping your Child Overcome Anxiety Dr. Carlton Duff	Cook Street Village Activity Centre 380 Cook St., Victoria, BC
Monday, February 10 7:00-8:30pm	Relationships: Staying Connected Dr. David Mensink	Cook Street Village Activity Centre 380 Cook St., Victoria, BC
Tuesday, February 11 7:00-8:30pm	The Superpower of Love: How to Unleash it & Upgrade Your Relationships in Our Disconnected World Dr. Rotem Regev	Vancouver Public Library Central Branch 350 West Georgia Street, Vancouver, BC
Wednesday, February 12 6:30-8:00pm	Managing Performance Anxiety: Strategies for Sport, Work, and School Dr. Patrick Myers & Ms. Zarina Giannone	Dunbar Community Centre 4747 Dunbar St, Vancouver, BC
Wednesday, February 12 7:00-8:30pm	Neurotribes: Autism in the 21st Century Dr. Cheryl Ainsworth	Fraser Valley Regional Library Clearbrook Branch 32320 George Ferguson Way, Abbotsford, BC
Thursday, February 13 6:30-8:00pm	Time Management and Stress: Tips and Strategies to get Yourself Back on Track Ms. Irene Spelliscy	Kelowna Downtown Library ORL Branch 1380 Ellis St., Kelowna, BC
Tuesday, February 18 7:00-8:30pm	Enhancing your Personal & Workplace Resiliency Dr. Joti Samra	Vancouver Public Library Central Branch 350 West Georgia Street, Vancouver, BC
Wednesday, February 19 7:00-8:30pm	Don't Panic: Easy, Everyday Ways to Manage Anxiety. Dr. Rachel Mallory	City Centre Library 10350 University Drive, Surrey, BC
Thursday, February 20 7:00-8:30pm	Mindfulness Based Stress Reduction (MBSR) Dr. Kasim Al-Mashat	Centre For Mindfulness Canada* 107-3711 Delbrook Ave, North Vancouver, BC
Saturday, February 22 1:00-2:30pm	What is Emotional Self-Regulation and How do we do it? Dr Rosa Wu (Talk in <b>Mandarin</b> )	Pathways Clubhouse** 315 – 8111 Granville Avenue, Richmond, BC
Saturday, February 22 1:00-2:30pm	Helping Asian Families with a Transgender Family Member Dr. Wallace Wong (Talk in <b>Cantonese</b> )	S.U.C.C.E.S.S. 28 West Pender Street, Vancouver, BC
Monday, February 24 7:00-8:30pm	Emotional Literacy 101 Ms. Alicja Dobrzanski & Dr. Michael Sheppard	Dunbar Community Centre 4747 Dunbar Street, Vancouver, BC
Tuesday, February 25 7:00-8:30pm	What is Cognitive Behavior Therapy (CBT)? Dr. Debbie Leung (Talk in <b>Mandarin</b> )	Vancouver Public Library Central Branch

		350 West Georgia Street, Vancouver, BC
Wednesday, February 26 6:30-8:00pm	What is Emotional Self-Regulation and How do we do it? Dr. Rosa Wu	New Westminster Public Library Main Branch 716 6th Avenue, New Westminster, BC
Wednesday, February 26 7:00-8:30pm	Helping Children Chase Away Worry: Understanding and Managing Anxiety in Children Ms. Samiramis du Sautoy, RCC	Coquitlam Library - City Centre Branch 1169 Pinetree Way, Coquitlam, BC
Saturday, February 29 11:00am-12:30pm	Mindfulness Based Stress Reduction (MBSR) Dr. Kasim Al-Mashat	Centre For Mindfulness Canada* 107-3711 Delbrook Ave, North Vancouver, BC

\*Pre-registration is required, please visit [www.drkasimalmashat.com](http://www.drkasimalmashat.com)

\*\*Pre-registration is required, please email [Lorraine.Ng@pathwaysclubhouse.com](mailto:Lorraine.Ng@pathwaysclubhouse.com)

BCPA operates a province-wide free psychologist referral service. Patients can search for a Registered Psychologist by city, client type, area of practice, therapy method and language by visiting [www.psychologists.bc.ca/find\\_psychologist\\_full](http://www.psychologists.bc.ca/find_psychologist_full) or by calling 604-730-0522 or 1-800-730-0522.

### **About BC Psychological Association**

Established in 1938, the British Columbia Psychological Association (BCPA) and its members are committed to supporting the emotional health and psychological well-being of British Columbians. BCPA believes that all British Columbians deserve access to high-quality, clinically proven psychological care provided by Registered Psychologists.

### **For more information, please contact:**

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