

Mind Matters: Psychology Month Speaker Series

February is Psychology Month and St. Joseph's Healthcare in Hamilton is hosting a speakers' series at various Hamilton Public Library locations covering such topics as procrastination, anxiety, assertiveness, memory and aging and mindfulness.

Juliana Tobon is a psychologist at St. Joe's who organized the speakers' series together with staff and librarians at Hamilton Public Library. She says psychologists, post-doctoral fellows and PHD residents at St. Joes will be traveling to library branches to present to members of the community.



"We tried to use the range of expertise of our specialists at St. Joe's coordinating topics that might be of interest to people," said Juliana.

The talks are designed to promote two-way dialogue so those in attendance will have an opportunity to find out more information during the Question and Answer period which will happen after each presentation.

According to Juliana, one of the most popular subjects in the series is *Tackling Anxiety: Strategies for Managing and Coping with Anxiety*.

"It's meant to be broad based public education; anxiety is a popular topic as many people are affected by anxiety and anxiety disorders."

If you go, please note there is no registration and participants can attend on a drop in basis. Speakers' series presenters will be visiting Sherwood, Central, Turner Park and Westdale libraries in Hamilton.

[More information on the series locations>>](#)