

PSYCHOLOGY MONTH

Kids and Screens: Parenting Tips and Strategies

Join Dr. Jo Ann Unger and Dr. Michelle Warren for an overview of the benefits and risks of screen use in children, along with evidence-based parenting strategies for managing screen time effectively.

This is an online event. A Zoom link to attend will be sent when you register.

Friday, February 13: 12-1 p.m.

Healthy Brain Aging, Mild Cognitive Impairment, and Dementia

Dr. Colleen Millikin and Dr. Stephanie Dudok will address some of the questions older adults and their families frequently have about memory changes. Topics will include how mild cognitive impairment and dementia are diagnosed, current and future treatments, and lifestyle factors that benefit brain health.

This is an online event. A Zoom link to attend will be sent when you register.

Monday, February 23: 12-1 p.m.

Psychology and Money

Our relationship with money is about more than numbers. In this talk, we'll explore how emotions, habits, and personal narratives shape financial decisions, and offer practical tools for managing our money psychology. Presented by Dr. Katherine Kovachik & Dr. Sarah Rigby.

This is an online event. A Zoom link to attend will be sent when you register.

Tuesday, February 24: 6:30-7:30 p.m.



Free. To register scan the QR code, or visit
winnipeg.ca/library



Presented in partnership with the Manitoba Psychological Society as part of Psychology Month.