

CONVERSATIONS at The Royal

ROYAL OTTAWA MENTAL HEALTH CENTRE
Opening Minds About Mental Health

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
											3	4	5							
2	3	4	5	6	7		10	11	12					6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28						27	28	29	30	31		
30	31																			

How to Avoid Getting Dementia
Dr. Andrew Wiens

A Search Warrant for the Brain.
How Does a German Philosopher
End Up as a Canadian Psychiatrist?
Dr. Georg Northoff

Unexplored Terrain: Spirituality in
Mental Health Treatment
Nancy Kehoe

APRIL					MAY					JUNE				
S	M	T	W	T	S	M	T	W	T	S	M	T	W	T
					5	6	7			2	3	4		
					12	13	14			9	10	11		
					19	20	21			16	17	18		
					26	27	28			19	20	21	22	23
										26	27	28	29	30

Mental Health Courts:
One Path to Treatment
and Safety
Dr. Helen Ward

Fostering Wellness in Health Care
Professionals: Results from the
McGill Mindful Medical
Practice Program
Dr. Patricia Dobkin, McGill University

Perinatal Mood Disorders
Dr. Jasmine Ghandi

Helping Youth When Substance
Use and Depression Collide
Dr. Rob Milin

Youth Mental Health
and the Law
Dr. Greg Motayne

JULY							AUGUST							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6					1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
							25	26	27					18	19	20	21	22	23	24
														25	26	27	28	29	30	

Fighting Fear: Advances in
the Treatment of Anxiety
Disorders
Drs. Jakov Shlik & Dave Davies

Hot Under the Collar:
How to Recognize and Regulate
Your Anger Before It Controls You
Dr. AG Ahmed

OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30																				

Myths and
Misconceptions
About Sex
Offenders
Dr. Paul Fedoroff

Dépression et vous
Dr. Pierre Blier

Depression and You
Dr. Pierre Blier

Flying High and
Trying to Land –
Dealing With
Opiate Use
Dr. Melanie Willows



Centre de santé mentale
Royal Ottawa
Mental Health Centre

GENERAL INFORMATION – Admission is FREE

6:30 pm Doors open
7:00 – 8:30 pm Presentation and question & answer
Please RSVP at 613.722.6521 ext. 6349 or www.rohcg.on.ca

All presentations are held at the Royal Ottawa Mental Health Centre
Associates-in-Psychiatry Auditorium, 1145 Carling Avenue, Ottawa ON

For more information visit
www.rohcg.on.ca or email us at communications@rohcg.on.ca