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## December 2012

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### [COMPLEMENT HEALTHCARE FREE LECTURE](#)

If you feel challenged by a change in your health, heart or home, come out and learn strategies to move you towards a more desirable future.

**Lecturer:** Deb Braun, Clinical Counsellor

**Date:** Tuesday, January 8th, 2013

**Time:** 12 noon - 1:00pm

**Place:** Cedar Room, 3rd Floor, West Vancouver Community Centre, 2121 Marine Drive, West Vancouver

**Cost:** Free!

**Barcode:** [847322](#)

This series of free lectures is presented by Complement doctors and registered practitioners in their chosen field. The lectures cover a broad range of subjects including raising healthy children, nutrition, and fitness and wellness. The...

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### [COMPLEMENT HEALTHCARE FREE LECTURE](#)

**Lecturer:** Dr. Patrick Myers, Registered Psychologist

**Date:** Tuesday, February 12th, 2013

**Time:** 7:00pm - 8:00pm

**Place:** Cedar Room, 3rd Floor, West Vancouver Community Centre, 2121 Marine Drive, West Vancouver

**Cost:** Free!

**Barcode:** [847323](#)

This series of free lectures is presented by Complement doctors and registered practitioners in their chosen field. The lectures cover a broad range of subjects including raising healthy children, nutrition, and fitness and wellness. The lecture series is brought to you through a partnership between Complement Health Care and the West Vancouver Community...

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## **COMPLEMENT HEALTHCARE FREE LECTURE**

Shoulder Pain: A Laser Therapy Approach

In this lecture, we will look forward at the etiology, signs and symptoms, and different treatment approaches, to this condition. There will be an emphasis on Laser Therapy and its benefits.

**Lecturer:** Dr. Bob Hafizi, Chiropractor

**Date:** March 5th, 2013

**Time:** 7:00pm - 8:00pm

**Place:** Complement Offices, 2nd Floor, West Vancouver Community Centre, 2121 Marine Drive

**Cost:** Free!

**Barcode:** [847324](#)

This series of free lectures is presented by Complement doctors and registered practitioners in their chosen field. The lectures cover a broad range of subjects...

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## **SKILLS FOR MINDFUL LIVING FREE LECTURE**

### **BULLY-PROOFING YOUR CHILD**

Building resilience from school settings to social media

**Presenter:**

Tyler Milley, BSc, MA, RCC, *Registered Clinical Counsellor*

The prevalence of bullying in schools, the rapid emergence of cyberbullying, and the recent increase in media attention on bullying, means it is now more important than ever to 'bully-proof' your child. However, protecting our children from the emotional, psychological, and physical effects of bullying has never been a more complex and difficult task. This seminar will explore a cultural context from which to view the problem of bullying, as...

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## **SKILLS FOR MINDFUL LIVING FREE LECTURE**

### **Working on Purpose**

TBA

**Presenter:** Sally Halliday

**Date:** Thursday, April 25th, 2013

**Time:** 7:00pm - 8:30pm

**Place:** Cedar Room, 3rd Floor, West Vancouver Community Centre, 2121 Marine Drive

**Cost:** Free!

**Register at:** [www.mindfullivingworkshops.eventbrite.com](http://www.mindfullivingworkshops.eventbrite.com)

(604) 987-6959 or email: Talayeh Jamshidi at [talayeh.jamshidi@cmha.bc.ca](mailto:talayeh.jamshidi@cmha.bc.ca)

The Skills for Mindful Living series is a BC Association of Clinical Counsellors (BCACC) community service initiative (Public Presentation Project...

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