



Mood Disorders Ottawa Speaker Night  
**April 17th 2018**  
**Presents Dr. Laura Nichols**

Location:  
Southminster Church,  
15 Aylmer Ave. (3rd Floor)  
Ottawa, 7:30PM to 9:00PM.

### **Biography**

Dr. Laura Nichols is a clinical psychologist and owner of the Centre for Change in the west end of Ottawa. The centre offers a team of psychologists, counsellors and social workers who work exclusively with adults and who are experiencing difficulties managing mood, post-traumatic stress and anxiety.

Dr. Nichols opened the Centre for Change because she wanted to create a serene space for adults and that would embody east coast values.

Dr. Nichols has worked at the Royal Ottawa Hospital in the mood disorders and community mental health programs as well as addiction services in Nova Scotia. She also supervises a number of early career mental health specialists.

### **Title**

**Top 5 Strategies for Mental Well-being .**

### **Topic**

Dr. Nichols presentation will focus on the Top 5 Strategies for Mental Well-being, identifying methods to take you from crisis and distress to calm and control.

Ways to trigger positive emotions and strengthen your mental health will be discussed.

Speaker Night is funded in part through a grant from the Ottawa Community Foundation



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