



## Mood Disorders Ottawa Speaker Night

May 21st 2019

7:30PM to 9:00PM.

Presents

Dr. Laura Nichols

Location: Southminster  
Church,  
15 Aylmer Ave. (3rd Floor)

### Biography

Dr. Laura Nichols is a clinical psychologist and owner of the Centre for Change in the west end of Ottawa. She specializes in providing mental health services to adults who are experiencing mood disorders, anxiety, PTSD or work-related stress.

Laura, as she prefers to be called, has worked at the Royal Ottawa Hospital in the mood disorders and community mental health programs as well as addiction services in Nova Scotia.

### Title: A Mindful Life

Laura will discuss ways you can positively impact your own mental health drawing on scientific research, her clinical practice and her own lived experience.

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

