

**COUNCIL OF PROVINCIAL ASSOCIATIONS OF PSYCHOLOGISTS
and
CANADIAN PSYCHOLOGICAL ASSOCIATION**

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Press Release

For Immediate Delivery



**FEBRUARY IS PSYCHOLOGY MONTH:
PSYCHOLOGISTS ACROSS CANADA LAUNCH PUBLIC
EDUCATION AND AWARENESS CAMPAIGN ABOUT
PSYCHOLOGY**

“Psychology is for Everyone”

OTTAWA, FEBRUARY 1, 2005 – The **Council of Provincial Associations of Psychologists (CPAP)** and the **Canadian Psychological Association (CPA)** today announced the launch of Psychology Month — February 2005. The goal is to hold grassroots activities across Canada to raise awareness of the role psychology plays in our lives and in our communities.

Psychology Month is an opportunity for psychologists and Canadians to meet to discuss psychology and to have their questions answered. “Ultimately we hope to increase awareness of the positive contribution psychology makes in our daily lives” stated Dr. Jennifer Frain of the Manitoba Psychological Society and National Chair of the Psychology Month initiative.

The message of Psychology Month is simple: “Psychology is for Everyone.” “It is a time to talk about anything related to psychology, including health, mental health, schools, the work place, criminal justice programs, research. It’s that simple” stated Dr. John Service, Executive Director of the Canadian Psychological Association.

During Psychology Month, psychology associations, private practitioners, psychology students, scientists and psychologists who work in public institutions will be holding events and opening their doors to the public. Some examples include:

- The River Valley Health Psychology Council of **New Brunswick** is planning a series of lectures on “Sleep and Children”; “Use of Street Drugs in Adolescents”; “Cognition and Aging”; and, “Coping with Illness”
- The psychology staff at **Toronto’s** Bloorview MacMillan Children's Centre will host a poster display and drop-in to meet the psychology staff.

- The National Research Council of Canada in **Ottawa** will hold a series of lectures on research in psychology.
- The Psychological Association of **Prince Edward Island** has arranged for a series of CBC radio shows on various psychology-related subjects.
- The Association of Psychologists of **Nova Scotia** will be holding its annual Psychologically Healthy Workplace Awards during Psychology Month
- The Psychologists' Association of **Alberta** will be promoting interdisciplinary collaboration and the role of psychology during the Alberta College of Family Physicians Scientific Assembly in Banff.
- Across **Saskatchewan**, there will be a free public viewing of the video, "Inside the Teenage Brain" followed by open discussions with psychologists.
- L'ordre des psychologues du **Québec** is arranging to have all MNA's visited by a psychologist during the month of February to discuss improving access to psychological services.
- The psychological associations of **Newfoundland** and **Manitoba** have arranged for their governments to declare February Psychology Month.

We urge all Canadians to participate in Psychology Month by taking part in activities organized in their communities. To find out more about Psychology Month and the activities planned across Canada, visit www.cpa.ca/psychologymonth.

The Council of Provincial Associations of Psychologists is made up of provincial and territorial psychology associations and the Canadian Psychological Association is the national voice of psychology across Canada and internationally.

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