

WHY ARE WE SO STRESSED OUT?



(AND WHAT CAN WE DO ABOUT IT?)

**WEDNESDAY,
NOVEMBER 5
6 – 8 PM**

DUKE OF YORK
(ORIGINAL PUB – GROUND FLOOR)

39 PRINCE ARTHUR AVENUE
CLOSE TO THE ST. GEORGE SUBWAY – BEDFORD EXIT

Got an opinion? Join us for drinks, debate and discussion. Experts:

**DR. JOHN
CAIRNEY**

Senior Research Scientist, CAMH
McMaster Family Medicine Professor
of Child Health Research

**DR. SCOTT
SCHIEMAN**

Professor,
Department of Sociology,
University of Toronto

**DR. ZINDEL
SEGAL**

Morgan Firestone Chair in Psychotherapy,
Mount Sinai Hospital
Head, Cognitive Behaviour Therapy Clinic, CAMH
Professor of Psychiatry, University of Toronto

*Café Scientifique is a place where, for the price of a cup of coffee or a pint of beer, anyone can join discussions that explore the latest ideas in science and technology.

NOT JUST
FOR SCIENCE
TYPES!