Positive Psychology experts have suggested more proactive, holistic approaches for individuals to learn about different coping mechanisms, resilience, and self-care. Join Shannon Noonan and therapy dog Blue, to discuss a more “pawsitive” approach and how “man’s best friend” is proving to be a viable strategy to assist with mental health.

This discussion will delve into some of the scientific reasons why we feel so good around our pets, and how to tap into their potential. It will also provide some insight into the different types of working dogs you may see in Ottawa.

- **Wednesday, October 17th, 6-8 p.m.**
- **Leeds Building, Carleton University**
- **$30.00 (HST included)**

Shannon is a trained Therapy Dog volunteer, and an experienced people-manager who is trained in suicide intervention, mental health first aid, and motivational interviewing.

Blue is a registered Ottawa Therapy Dog, and has been certified through the Canadian Kennel Club as an official Canine Good Neighbour.

Register at [https://carleton.ca/linr/online-registration/](https://carleton.ca/linr/online-registration/)