

Wednesday May 8, 2013: The Sandwich Generation: Tips for Living a Balanced Life

Topic: Speaking to the generation of adults who are busy working, caring for their children, and the primary care-givers for their aging relatives, Dr. Lyons will explain the ins and outs of managing time, stress, and responsibilities. This workshop will discuss practical tools to help people navigate the daily demands, converse about the positive growth potential, and point out needed conversations.

Biography: Dr. Peter is currently a clinical psychologist at the Millard Health Centre. Additionally he has worked for the University of Alberta Hospital, the Department of Child Welfare, and for the Handicapped Children's Services, Alberta Social Services, among other placements. He has over 30 years of clinical experience. He co-authored the article *The Relationship Between Religious Orientation and Empathy in Pastoral Counsellors*, in the *Journal of Psychology and Theology*. His professional interests lie in health psychology, cognitive-behavioural therapy/solution-focused therapy, marital counseling, adolescent counseling, and more.

