

2014 CAN-ACN Public lecture

## How Life Experiences Impact On Mental Health

Traumatic life experiences can get "under our skin", and influence how we feel and behave. Dr. Michael Meaney will present recent research that helps us understand how life experiences influence brain function and behavior. Recent studies show that life experiences, such as traumatic events or childhood social environment, alter the 'epigenetic signals' on the DNA that control the way genes act. In this way, our genes adapt to meet the daily challenges we face, and thus influences on our mental health.

Professor Meaney's research has revealed how the early life environment influences the development of vulnerability for multiple forms of chronic illness, including mental disorders. His studies show that variations in the early social environment, especially those associated with parental care, can alter the activity of genes that regulate our responses to stress and various forms of learning and memory.



### About Dr. Michael Meaney

James McGill Professor, McGill University

Director of the program for the Study of Behaviour, Genes and Environment

Associate Director of the Douglas Institute Research Centre.

A full profile of Dr. Meaney is available here:

<http://www.douglas.gc.ca/researcher/michael-meaney>

**Time: Saturday, May 24 2014 - 4 PM**

This event will be immediately preceded by a lecture in French by Dr. Gustavo Turecki, at 3 PM - Both researchers will be available for questions.

**Venue: Jeanne Timmins Auditorium, Montreal Neurological Institute,**  
3801 University street, Montreal

**Free admittance - ALL WELCOME !**

For more information about the Canadian Association for Neuroscience, visit : <http://can-acn.org>