

# Nurturing Resilience: Nine Ways Families, Schools, and Communities can Help Children Thrive

**PRESENTED BY****Dr. Michael Ungar****SERIES SESSIONS**

Date	Time
October 17, 2022	1:00 PM - 3:30 PM

**LOCATION****Online****FEE****\$65.00****QUESTIONS?****Contact Us:****[crc-register@arpcd.ab.ca](mailto:crc-register@arpcd.ab.ca)  
[403-291-0967](tel:403-291-0967)****REGISTER ONLINE****Visit our website to register:  
[crpcd.ab.ca](http://crpcd.ab.ca)**

## Learning Opportunity

Target Audience: All teachers, administrators, guidance counsellors, and partners are encouraged to attend.

In this fast-paced, story-filled presentation, Dr. Ungar will show that our children's resilience is much more than their individual ability to overcome adversity. It is just as much the result of how well their families, schools and communities work together to help vulnerable young people navigate their way to the resources they need for wellbeing, and whether those resources are made available to children in ways children experience as meaningful. In addition to exploring what resilience means to children from many different backgrounds, Dr. Ungar will also provide nine practical strategies parents, caregivers and educators can use to help children heal, no matter a child's emotional, psychological or behavioral problems.

### Specific learning objectives for this session are:

1. To understand how children and families with complex needs use "problem" behaviours to enhance their resilience and wellbeing when more socially acceptable solutions are not available;
  2. To become familiar with how to assess resilience;
  3. To learn about nine resilience-promoting resources necessary for positive child development;
  4. To develop strategies for working without resistance with hard-to-reach, culturally diverse children, adolescents, and their families;
  5. To discuss ways services can be structured for children and families that make resilience more likely to occur.
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## Presenters

### Dr. Michael Ungar

is a Family Therapist and Professor of Social Work at Dalhousie University where he holds the Canada Research Chair in Child, Family and Community Resilience. His ground-breaking work is recognized around the world and includes consultation and training with Fortune 500 companies like Unilever and Cigna, as well as thought leaders such as the Boston Consulting Group and Canvas8. His work emphasizes how to use the theory of resilience to increase both individual and institutional agility during crises, with numerous businesses and NGOs adopting his concept of resilience as a negotiated process that enhances employee and client wellbeing and corporate social responsibility. Dr. Ungar has published over 200 peer-reviewed articles and book chapters on the subject of resilience and is the author of 17 books for mental health professionals, researchers and parents. These include *Change Your World: The Science of Resilience and the True Path to Success*, a book for adults experiencing stress at work and at home, and *Multisystemic Resilience: Adaptation and Transformation in Contexts of Change*, an edited volume with contributors from a dozen diverse disciplines ranging from epigenetics and psychology to architecture and computing science. His blog, *Nurturing Resilience*, can be read on *Psychology Today's* website.

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## Registration Notes

This session will be recorded and available to all registrants for 30 days after the session occurs.

All session times are Mountain Time.



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