

Community Education Service



Improving emotional health and well being

Building Resiliency in Children

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During the presentation, a description of stress in its various forms is provided as well as practical means to develop skills that help reduce stress in children and youth.

There is an emphasis on connection and promoting buffering relationships so we can diminish the impact of toxic stressors by converting them to tolerable stressors.

Brain and physiological mechanisms will be introduced and integrated into the discussion of stress and relationships.

FREE LEARNING

Wednesday April 14 2021
6:30 PM

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