

Community Education Service

Understanding the risk and protective factors of Child Resilience: “Bending and not breaking”

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April 18, 2018

Session: 10:30 am - 12:30 pm

Sign in: 10:15 am

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW

Session is **FREE**
of charge/
Parking fees
may apply/
Limited child
care available,
call
(403) 955-2500

****Register: <http://community.hmhc.ca/>****



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next to the session title on the website for more information on how to register.

Resilience is the ability to recover, adapt and rebound from adversity. Children exposed to adversities e.g. a natural disaster, adverse childhood experiences (ACEs) are at risk of developing physical and mental health problems. However, in children exposed to risk, some experience adverse outcomes while other do not. The most pressing unanswered question in child outcome research is child resiliency - why some children exposed to risk do not experience adverse outcomes. This presentation will discuss our current understanding of child resiliency using longitudinal data from an Alberta cohort of mothers and children. The presentation will highlight the interplay between risk factors (adverse maternal mental health, inter-parental conflict) and protective factors (social support, parenting) in shaping child resiliency.

Level I: This session presents an overview of resilience, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the
Child and Adolescent Addiction, Mental Health and Psychiatry Program
(CAAMHPP) of Alberta Health Services in partnership with the [University of Calgary](#).