

Community Education Service



Improving emotional health and well being

Navigating Emotional Storms Strategies for Managing Emotional Disorders in Children and Teens

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In the dynamic and complex world we live in, children and teens are increasingly exposed to challenges that test their emotional resilience and well-being. From navigating social pressures to coping with the demands of academic life, the need for robust emotional support is more critical than ever. In this workshop, you will explore emotional disorders and dysregulation, which can profoundly impact the mood, behaviour, and overall functioning of children and teens.

By attending this workshop, you will gain an understanding of the core vulnerabilities associated with emotional disorders and the essential skills young people need to navigate these challenges. You will also acquire the knowledge and strategies needed to foster emotional growth, resilience, and supportive environments that cater to the needs of children and teens facing emotional difficulties.

Learning Objectives:

- Understand the impact of emotional disorders on children's overall functioning across contexts.
- Identify the common vulnerabilities associated with emotional disorders and the critical emotional regulation skills children and teens need to develop.
- Master strategies to support young individuals, focusing on promoting resilience and positive coping mechanisms.
- Develop practical skills to create nurturing and supportive environments and respond effectively to an emotionally dysregulated child or teen.

**Tuesday, May 21, 2024
12:00 pm – 2:00pm**

Click here to register

FREE

online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Koru Family Psychology**