

Community Education Service



Improving emotional health and well being

The Building Blocks of Resilience: Strategies to Strengthen Resilience in Children and Adolescents

Dr. Caroline McDonald-Harker
**Sociologist and Associate Professor, Department of Sociology &
Anthropology**
Director, Centre for Community Disaster Research
Mount Royal University

Traumatic life events, such as abuse, death, natural disasters, and the current COVID-19 health pandemic, produce a wide range of stressors which affect the health and well-being of children and adolescents. We know that children and adolescents have the capacity to learn and develop important resilience skills that can help them thrive even in the face of adversity. This presentation will discuss research-based strategies that can help increase and strengthen resilience in children and adolescents. I will discuss individual and social-ecological factors that can boost coping, recovery, and overall well-being among children and adolescents, and thus improve their ability to manage challenges they are currently facing or may face in the future.

May 30 2022
10:00am-12:00pm

Click here to
register

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Mount Royal University**.