Recovery Alberta

KORU FAMILY PSYCHOLOGY

# COMMUNITY EDUCATION SERVICE

*Improving emotional health and wellbeing*

## Strong from the Start: Helping Children Manage Big Emotions and Build Lasting Resilience

*Dr. Caroline Buzanko, PhD, Registered Psychologist*

*Clinical Director, Koru Family Psychology*

Tuesday January 19 2027
12:00 - 1:30 PM

**By the end of this session, participants will be able to:**

- **Understand what drives children's big emotions and recognize early signs of emotional overwhelm.**
- **Apply practical strategies to prevent emotional escalation and help children manage emotions during challenging moments.**
- **Respond to difficult emotions with compassion while maintaining boundaries and supporting growing independence.**
- **Build children's emotional regulation and resilience through everyday interactions, manageable challenges, and opportunities to recover from setbacks.**

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