

Co-organized by:

St. John XXIII Catholic Elementary School
St. Justin Martyr Catholic Elementary School

Nurturing Resilience: Nine Ways Families, Schools and Communities Help Children Thrive (without overprotecting them)

Presenter: Dr. Michael Ungar

In this fast-paced, story-filled presentation, Dr. Ungar will show that young people's resilience is much more than their individual ability to overcome adversity. It is just as much the result of how well their families, schools and communities work together to help young people find the supports they need, and whether those supports are made available in ways young people experience as meaningful. In addition to exploring what resilience means to children and adolescents from many different backgrounds, Dr. Ungar will also provide nine practical strategies young people and their families can use to build resilience, no matter a young person's emotional, psychological or behavioral challenges. He'll then explore the question "Can an overprotected child be resilient?" His work suggests that children need the right amount of risk and responsibility to thrive and that without it they are more likely to experience anxiety, depression and worse academic outcomes.

Please register by sending an email to sjn@ycdsb.ca with

- Name of Parent(s)/Guardian(s)
- One student email

Registration Deadline: Feb 23, 2022



**MAR 1, 2022
(TUES)
7-8:30PM EST**
~1 HOUR PRESENTATION
~30 MIN Q&A



Presenter Bio:

Michael Ungar, Ph.D., is a Family Therapist and Professor of Social Work at Dalhousie University where he holds a national Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him one of the best-known scholars in the field. He is the author of 17 books for parents, educators, mental health professionals, and employers, including his most recent work *Change Your World: The Science of Resilience* and *The True Path to Success*, a book for adults experiencing stress at work and at home, *Working with Children and Youth with Complex Needs: 20 Skills to Build Resilience*, a book for counselors, and *I Still Love You: Nine Things Troubled Kids Need from their Parents*, an accessible guide for parents seeking to build their children's resilience. His blog, *Nurturing Resilience*, can be read on Psychology Today's website.

To view a sample of Dr. Ungar's work, please go to his website www.michaelungar.com.