



# WEBINAR SERIES: The Effects of Early Experiences on Brain Development, Learning, and Health (REPEAT)

**Presented By:** Dr. Nicole Sherren

**Fee:** \$0.00

**Date:** April 18, 2018, April 25, 2018

**Venue:** Online

**Time:** 4:30 PM - 5:30 PM, 4:30 PM - 5:30 PM

## About the Session

**TARGET AUDIENCE: K-12 TEACHERS, ADMINISTRATORS, LEARNING COACHES AND COUNSELLORS ARE ENCOURAGED TO ATTEND**

Converging lines of evidence from neuroscience, molecular biology, genetics, and the social sciences tell us that early experiences are literally built into our brains and bodies to affect a lifetime of learning and health, for good or for ill. This has profound implications for policies, programs, and services that support children and families. This two-part session will describe the principles of experience-based brain development and the implications this has for learning, social, and health outcomes across the life span.

Part 1: How to build a brain

In this session, you will learn how brains are built: what kind of experiences promote healthy brain architecture, what kind of experiences derail it, and how these experiences get "under our skins" to affect learning, health, and social outcomes.

Part 2: Life after childhood adversity: Where do we go from here?

Building on the previous session, this presentation will focus on the short and long-term outcomes associated with toxic stress exposure and adverse childhood experiences, and provide perspective on building resilience in children and families.

*This learning opportunity is being offered through a Mental Health grant from Alberta Education*

## About the Presenter(s)

### **Dr. Nicole Sherren**

is the Scientific Director and Senior Program Officer with the Palix Foundation. She has a PhD in Neuroscience from Carleton University and moved to Alberta in 2003 to hold an Alberta Heritage Foundation for Medical Research/Neuroscience Canada research fellowship at the University of Lethbridge. Her research focus includes experience-based brain development, neurodevelopmental disorders, and brain plasticity. Nicole joined the Palix Foundation in 2007 to focus on mobilizing scientific knowledge into policy and clinical practice. She both designs and delivers professional development opportunities across the health, education, human services and justice sectors, providing numerous in-person workshops and presentations each year, and lends her expertise to a number of committees, community-based projects, research studies, and non-profits across Alberta. She also sits on the Board of Directors for Calgary Alpha House Society.

