

# Building Resilient Schools and Communities: Making Resources Available for Young People and Their Families

**PRESENTED BY****Dr. Michael Ungar****SERIES SESSIONS**

Date	Time
October 17, 2022	9:00 AM - 11:30 AM

**LOCATION****Online****FEE****\$65.00****QUESTIONS?****Contact Us:****[crc-register@arpc.ab.ca](mailto:crc-register@arpc.ab.ca)  
403-291-0967****REGISTER ONLINE****Visit our website to register:  
[crcpd.ab.ca](http://crcpd.ab.ca)**

## Program

Target Audience: All teachers, administrators, guidance counsellors and partners are encouraged to attend.

Throughout this fast-paced, story-filled presentation, Dr. Ungar will show that resilience is much more than a child's personal capacity to overcome adversity. It is instead a reflection of how well families, schools, service providers and communities work together to create opportunities for children and youth to navigate their way to the resources they need for well-being while making those resources available in ways that young people experience as meaningful. Using lively case examples and video of children across the United States and around the world who have been exposed to adversities such as family violence, mental illness of a caregiver, natural disasters, poverty, and racism, Dr. Ungar will demonstrate how we can design interventions that enhance children's access to nine resources essential for resilience and mental health. Dr. Ungar's work suggests the need for a culturally sensitive interpretation of what resilience means to children and their families from diverse backgrounds. His presentation will end with concrete examples of how communities have made resilience-promoting resources readily available to children and youth with complex needs.

**Specifically, the learning objectives for this session are:**

1. To deepen our understanding of how social and physical environments enhance resilience;
2. To become familiar with nine resilience-enabling factors that communities can improve in young people's lives;
3. To learn how to develop the supports that build resilience;
4. To explore ways to show cultural sensitivity when developing resilience-promoting programs.

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## Presenters

### Dr. Michael Ungar

is a Family Therapist and Professor of Social Work at Dalhousie University where he holds the Canada Research Chair in Child, Family and Community Resilience. His ground-breaking work is recognized around the world and includes consultation and training with Fortune 500 companies like Unilever and Cigna, as well as thought leaders such as the Boston Consulting Group and Canvas8. His work emphasizes how to use the theory of resilience to increase both individual and institutional agility during crises, with numerous businesses and NGOs adopting his concept of resilience as a negotiated process that enhances employee and client wellbeing and corporate social responsibility. Dr. Ungar has published over 200 peer-reviewed articles and book chapters on the subject of resilience and is the author of 17 books for mental health professionals, researchers and parents. These include *Change Your World: The Science of Resilience and the True Path to Success*, a book for adults experiencing stress at work and at home, and *Multisystemic Resilience: Adaptation and Transformation in Contexts of Change*, an edited volume with contributors from a dozen diverse disciplines ranging from epigenetics and psychology to architecture and computing science. His blog, *Nurturing Resilience*, can be read on *Psychology Today's* website.

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## Registration Notes

This session will be recorded and available to registrants for 30 days after the session occurs.

All session times are Mountain Time.



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