

Community Education Service



Improving emotional health and well being



National Child Day 2020

“Building Resiliency in Children”

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Professor in the Department of Neuroscience at the University of Lethbridge

During the presentation a description of stress in its various forms is provided as well as practical means to develop skills that help reduce stress in children and youth. There is an emphasis on connection and promoting buffering relationships so we can diminish the impact of toxic stressors by converting them to tolerable stressors. Brain and physiological mechanisms will be introduced and integrated into the discussion of stress and relationships.

FREE LEARNING

November 18, 2020
10:30 AM – 12:00 PM

Registration Required

National Child Day is celebrated in Canada on November 20th in recognition of our commitment to upholding children’s rights and raising healthy, safe and happy young people.

Go to www.nationalchildday.ca to find out more