## Hope in Times of Uncertainty: Raising Resilient Children

Featuring guest speaker Dr. Michael Ungar

April 28, 2021 6:30pm - 8:00pm

Resilience is much more than a child's ability to bounce back from difficulty. Children do best when they have a variety of resources from their families, schools and communities for overall health and wellbeing.



In this webinar, Dr. Michael Ungar will share stories to help us understand resilience and achieve hope in times of uncertainty. He will share nine practical ideas that parents, caregivers and educators can use to promote wellbeing in children.

To learn more about Dr. Ungar, visit: <a href="https://www.michaelungar.com">www.michaelungar.com</a>

Following Dr. Ungar's presentation, we'll hear a local parent, an educator, and a community member share examples of how they use these ideas with the children in their lives.

## Register here

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