

# Nurturing Resilience through Relationships

Featuring guest speaker  
Dr. Michael Ungar

Nurturing and supportive relationships are critical for children and youth to become healthy, resilient adults. Dr. Ungar will describe how relationships contribute to our resilience and the many ways they promote a powerful identity and a sense of belonging. Dr. Ungar will share stories and concrete suggestions for parents and caregivers to support a wide variety of relationships for their children.

Following the presentation, there will be opportunities to ask questions of Dr. Ungar.

**Wednesday, December 1, 2021**  
**6:30 - 8:00 pm**

**[Register Here](#)**

