

Workshop

**REGISTER
NOW!**



January 19th, 2023, 7:00 - 8:30 pm

Target Audience: Parents

How to Make Kids More Resilient by not Over-protecting Them

As both a family therapist and a world-renowned researcher on resilience, Michael Ungar has noticed that many families and schools have become so overprotective that children never have a chance to develop the normal coping strategies children need for independent lives. Though the stats tell us that children today are safer than ever before in history, parents are failing to give them what Michael has called 'the risk-taker's advantage.' The results are a generation of bubble wrapped kids with anxiety disorders, an inflated sense of entitlement, or misguided efforts to find their own rites of passage into adulthood, often with catastrophic results. Based on his best-selling book, *Too Safe For Their Own Good*, Michael shows us how to help families and schools stop being overprotective and provide kids with what they need to grow up well. You can expect:

- A very amusing, and at times, shocking presentation that debunks common myths regarding the things that put children at risk.
- Practical ways parents and caregivers can meet children's developmental needs and offer them more risk and responsibility.
- To laugh and be inspired by stories of schools and communities that have helped parents give their children the risk-taker's advantage.

MICHAEL UNGAR, Ph.D.

World-Renowned Resilience Expert

About the Presenter

Michael Ungar, Ph.D.

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Check out Dr. Ungar's *Psychology Today* blog at: <https://www.psychologytoday.com/blog/nurturing-resilience>



Dr. Michael Ungar's Bio

Michael Ungar, Ph.D., is a Family Therapist and Professor of Social Work at Dalhousie University where he holds a national Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him one of the best-known scholars in the field. He the author of 17 books for parents, educators, mental health professionals, and employers, including his most recent work *Change Your World: The Science of Resilience and the True Path to Success*, a book for adults experiencing stress at work and at home, *Working with Children and Youth with Complex Needs: 20 Skills to Build Resilience*, a book for educators and mental health professionals, and *I Still Love You: Nine Things Troubled Kids Need from their Parents*, an accessible guide for parents seeking to build their children's resilience. His blog, Nurturing Resilience, can be read on *Psychology Today's* website.