

# Building Resilience: Managing Emotional Disorders in Children and Teens

June 25, 2024

1:30-3:00pm MST

This session focuses on equipping participants with the knowledge and skills necessary to help children and teens manage emotional disorders. Attendees will explore strategies to foster resilience, enhance emotional regulation, and create supportive environments tailored to young individuals facing emotional challenges.



## Learning Outcomes:

- Recognize the common vulnerabilities associated with emotional disorders.
- Acquire practical skills to create nurturing and supportive environments, enabling effective responses to emotionally dysregulated children and teens.
- Understand the essential emotional regulation skills that children and teens need to develop
- Learn and master strategies to support young individuals by promoting resilience and positive coping mechanisms

## Speakers:

Dr. Caroline Buzanko, PhD, is a psychologist, international speaker, and clinical director at Koru Family Psychology. With a passion for empowering children and teens, Dr. Buzanko focuses on unlocking their potential, fostering strong connections, igniting confidence and courage, and fortifying emotional resilience. She brings experience working with Indigenous communities, including her role supporting the social and emotional well-being of students at Chiila Elementary School on the Tsut'ina Nation in Alberta, and collaborating with educators of Indigenous students globally to enhance student success.

Website: <https://drcarolinebuzanko.com/>

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**Target Audience:** This session is ideal for caregivers, educators, school counsellors, psychologists, social workers, and anyone else who are dedicated to supporting the emotional well-being of children and teens.

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