

Building Strength and Resilience in Youth: Supporting Confidence, Coping, and Growth

February 3, 2026

1:30-3:00pm MT

This session explores how strength and resilience develop in children and youth, and how adults can intentionally support these skills in everyday settings. Participants will learn practical, evidence-informed strategies to help youth navigate stress, setbacks, and emotional challenges while fostering confidence, adaptability, and a strong sense of self.



Learning Outcomes:

- Identify key protective factors that support resilience in youth
- Understand how relationships, environment, and identity influence strength development
- Apply practical strategies to help youth cope with stress, change, and adversity
- Recognize opportunities to build resilience through everyday interactions and routines

Speakers:

Shannon Kelly, Registered Psychologist - Clinic Owner. Shannon Kelly is a registered psychologist who specializes in child, teen, and family mental health, with advanced training in resilience-building, emotional regulation, and strengths-based approaches. She has extensive experience supporting youth across clinical, school, and community contexts, with a focus on empowering young people through culturally responsive, developmentally informed care.



Target Audience: Parents, caregivers, educators, school staff, youth workers, and community professionals who support children and adolescents in educational, clinical, or community-based settings

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