

MGfC Family-Centered Care Series

Adapt and Overcome: Tips to Build Resiliency in Children

Date: Wednesday, January 11, 2023

Time: 12–1 pm (Eastern Time)



When faced with challenging or stressful situations, learning resiliency - a sense of being able to adapt and overcome - is an important skill for overall wellbeing, especially in today's post-pandemic world. In this program, we will share tips to help your child cope with challenges and stressors as the world readjusts after a global pandemic. Strategies on how you can help build a support system for yourself and your family to encourage a sense of resilience in children will also be provided.



Featured Speaker: Aude Henin, PhD

Dr. Henin is Founding Co-Director of the Child Cognitive-Behavioral Therapy Program and Clinical Director of the Child Resiliency Program in the Department of Psychiatry at Massachusetts General Hospital. She earned her PhD from Temple University in Philadelphia and completed her pre- and post-doctoral fellowships at the Mass General.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/82350637314>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

