

## ABOUT THIS SERIES:

Military-connected youth face many life transitions. From frequent moves, deployments, and changes in the family, military youth live a special life. New places, experiencing different cultures, and unique lifestyles play a significant role in the life and development of military children and adolescents. Still, military life often takes a toll on families and especially the mental well-being of adolescents.

Explore this webinar series as we bring together prominent family and youth development experts to share insights on protecting and promoting military-connected youth's resilience and mental well-being. Discover evidence-informed strategies to promote resiliency and thriving in youth, further your understanding of the value of social-emotional learning, and identify specific ways adults can support youth well-being.



## **MILITARY YOUTH**

### **Protecting and Promoting Resilience and Well-Being**

## WEBINARS IN THIS SERIES:

**MAY 23, 2023**

### **Preparing Adults to Be the People Military-Connected Youth Deserve in Their Lives**

Learn how adult relationships play a critical role in young people's lives, both to support healthy development and to help young people recover from complex lives. In this webinar, Dr. Ginsburg discusses what we know about effective parenting styles and their impact on academic success, behavior, and emotional well-being.

**MAY 31, 2023**

### **Applying a Positive Youth Development Framework to Increase Resilience and Thrive**

Disruptions like the pandemic create a new, different landscape for the development of youth. Dr. Sullivan and Dr. Perkins explore how military youth are faring this changing landscape, and how you can assess and rebuild programs that build resilience and reduces risk of military youth.

**JULY 26, 2023**

### **Promoting Youth Mental Well-Being by Social-Emotional Learning Skills**

There is growing consensus that social-emotional learning (SEL) provides an overarching framework to promote military-connected youth well-being and resilience. In this webinar, Dr. Dale Blyth and Dr. Kate Walker describe SEL and share practical strategies and resources to support youth thriving.

**AUGUST 10, 2023**

### **What Can Families (and Other Adults) Do to Maximize Youth Well-Being**

Families play a critical role in ensuring youth mental well-being of military-connected youth. This webinar focuses on what adults inside and outside adolescents' families can do to promote their well-being, especially during transitions. Dr. MacDermid Wadsworth and Dr. Lester share strategies on prevention and intervention for promoting youth well-being are examined.

**OneOp.org/YouthResilience**

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