



THRIVING TOGETHER

FOSTERING EMOTIONAL
RESILIENCE IN CHILDREN & YOUTH

ABOUT THIS SERIES:

Building Blocks of Well-Being: Social Emotional Foundations for Children & Youth

Children and youth go through significant growth and change in how they process, experience, and demonstrate emotions, and how they form and interact with adults and peers from birth through adolescence. Knowing and understanding this developmental arc is critical for professionals who work with children and youth. These 3 webinars will provide participants with foundational knowledge to best support the military-connected and civilian children they serve with and without disabilities.

WEBINARS IN THIS SERIES:

[Tiny Hearts, Big Emotions: Cultivating Emotional Learning & Development with Responsive Practices](#)

APRIL 2, 2024

In partnership with families, caregivers can nurture a child's emotional learning and development with warm, nurturing, responsive practices during daily interactions. In this webinar, we will discuss the components of emotional intelligence and practices that support development in this area which impacts later relationships, learning, and other areas of development.

[Harmony of Expression: Exploring Social and Emotional Development in Middle Childhood Through Expressive Art Approaches](#)

APRIL 18, 2024

This webinar weaves together the foundations of social-emotional development during middle childhood (6-12 years old) and the role of expressive art in nurturing their overall development, particularly within the context of transitions, grief, and loss. Presenters will focus on the principles, foundations, and evidence-base of expressive art approaches, including techniques for fostering self-awareness, empathy, and interpersonal skills.

[Embracing Identity: Fostering Positive Emotional Growth in Teens and Young Adults](#)

MAY 14, 2024

Adolescence is a time when meaningful relationships are at the nexus of social life, education, and mental health. This interactive presentation will focus on how our personal and professional relationships with the youth in our care can foster and support educational and social-emotional development.

Find more information at: oneop.org/series/ThrivingTogether