

# Rooted in Transition: Building Military Family Resilience Through Nature



## ABOUT THIS WEBINAR:

Explore the transformative role nature plays in supporting military families during times of change and discover how connecting with the outdoors can help build resilience, promote emotional well-being, and foster stronger community and family connections through life transitions.

### Learning Objectives:

- Understand challenges of transitions and ways to mitigate them by reconnecting with nature
- Identify and expand on the benefits of place-based connections to nature
- Describe a continuum of engagement to build confidence in nature, including suggested activities
- Offer resources for military families seeking opportunities to connect with nature and public lands

### EVENT PAGE:

[link](#)

### CONTINUING EDUCATION:

This webinar will offer 1.0 CE credit hours from the following accrediting agencies:

- University of Texas at Austin Steve Hicks School of Social Work (UTSW)
- Commission for Case Manager Certification (CCMC)
- National Council on Family Relations (NCFR)
- The Patient Advocate Certification Board to provide CE credit to Board Certified Patient Advocates (BCPA)
- American Association of Family & Consumer Sciences (AAFCS) for CFCS

### PRESENTER:

## Nicole Rawlinson

Senior Manager of Youth Programs at the National Park Foundation