

# Restoring Connection

## COLLECTIVE ACTION FOR HEALING AND RESILIENCE

This conference will explore how mental health, and social services can better support children, youth, and families facing challenges by focusing on resilience and relationship. It introduces a social-ecological approach to transform service delivery, highlighting strengths-based interventions and adaptations that are culturally and contextually relevant. Connections between the neurobiology of adversity and stress resilience will be examined. Participants will learn to identify and foster resilience through factors like supportive relationships, personal agency, social justice, belonging, and cultural connectedness.

Within the two days, participants will explore effective service models, coordination across sectors, and the importance of cultural safety. Additionally, the conference will focus on Indigenous resilience, discussing how cultural practices and social support contribute to physical, psychological, and spiritual well-being, and how resilience research can help communities advocate for culturally aligned health programs. Recognizing that sustaining our resilience as professional helpers can be a challenge, we will provide opportunities for connection and reflection.

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### KEYNOTE SPEAKERS:



**DR.  
MICHAEL  
UNGAR**

**NOV. 17TH**

**SYSTEMIC AND  
COMMUNITY  
APPROACHES TO  
NURTURING RESILIENCE**



**DR.  
AMY  
BOMBAY**

**NOV. 18TH**

**RESILIENCE THROUGH  
CULTURAL IDENTITY AND  
ENGAGEMENT**

Questions?

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