

Approved for
2.0 CDTS
(Children's)
Hours
2.0 SW CE Hours
MiCEC-0038

Building Emotional Resilience in Children

Presented By: Stacie Michalak, LPC

When:

**Tuesday
July 21, 2026
10:00am-12:30pm**

**Tuesday
Oct 13, 2026
1:00pm-3:30pm**

VIRTUAL
Training link will
be sent out via
email 1-2 busi-
ness days prior to
training date.

TO REGISTER:
Click the link on
our [website](#)



This training provides participants with practical tools to recognize risks and strengthen protective factors in children. Through a trauma-informed lens, attendees will learn to foster resilience by leveraging healthy relationships, teaching essential coping skills, and implementing person-centered support strategies to help children thrive despite challenges.

Participants will be able to:

- Define the concept of mental health resilience.
- Explain the factors that influence resilience in children.
- Outline key strategies to promote resilience in children.
- Include resilience in the Person-Centered Planning process.

