****

**Dalai Lama Center for Peace and Education**

**Heart-Mind Live Webinar Promo Kit**

**Resilience & Growth: Prioritizing Our Kids' Mental Health**

March 4th, 2021

9:30AM - 11:30AM PST

*A recording will be available should you be unable to attend at that time.*

**Social Media/Newsletter Promo (suggested copy):**

*The Dalai Lama Center for Peace and Education will be hosting their 4th Heart-Mind Live Webinar, Resilience & Growth: Prioritizing Our Kids' Mental Health on Thursday, March 4, 2021 from 9:30 - 11:00 AM PST!*

*This webinar will explore the impact of the pandemic on the emerging mental health needs of children and youth, identifying effective, timely and practical ways to respond to those needs with a strengths based lens of resilience and healthy development.*

*Participants will learn how to ensure that children’s social emotional development and mental health remain a high priority when addressing the challenges faced in our schools, homes and communities today.*

*Fiona Douglas-Crampton will host expert panelists: Dr. Michael Ungar, Dr. Ashley Miller, and Dr. Nikki Martyn.*

*A recording will be available to all registered participants following the event, should you be unable to attend at the scheduled time.*

*Learn more details, and register here!*

[*https://child-youth-mental-health-resilience.eventbrite.ca*](https://child-youth-mental-health-resilience.eventbrite.ca/)

[**Eventbrite page**](https://child-youth-mental-health-resilience.eventbrite.ca/)

[**Facebook Event**](https://www.facebook.com/events/256942972655190)

If you wish to tag us on social media, our Facebook, Instagram, and Twitter handles are **@DalaiLamaCenter.**

Thank you for your help in sharing this event with your community!