



Cesar Chavez Conference 2022

Celebrating Resiliency!

***Depression and Anxiety
in Children and Youth***



MEGAPIXL

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**Our Children are living
unprecedented circumstances!**

We are aware of what anxiety and depression look like and how it feels for ourselves and perhaps for other adults, but could you identify it if you saw it in a child?



**ACE's and Declaring
a public health
emergency!**

Protective Factors

1. *Parental Resilience*
2. *Social Connections*
3. *Knowledge of Parenting and child development*
4. *Concrete Support in times of need*
5. *Social and emotional Competence of Children*



RESILIENCY



What is it?

What does the individual in front of you understand about Resilience?

What does it look like in your family?

https://youtu.be/9AzXX_2BrVk

When we hold space for our teens we give the universe in their brain an opportunity to be and create... without judgment, expectations or limitations...