Cesar Chavez Conference 2022

Celebrating Resiliency!
Depression and Anxiety in Children and Youth

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?
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...

https://youtu.be/9AzXX_2BrVk