

RESILIENCE

SERIES

This groundbreaking webinar series brought together three pre-eminent resilience theorists and researchers addressing barriers, identifying various systems and promoting protective factors to support **individual, family and community resilience.**



**Recordings
are available**

**Continuing Education Credits and
Certificate of Completion
are still available!**

MilitaryFamiliesLearningNetwork.org/ResilienceSeries



**MILITARY FAMILIES
LEARNING NETWORK**

Nurturing Individual Resilience from a Multisystem Developmental Perspective

Dr. Ann Masten discusses contemporary perspectives on resilience from a developmental systems perspective. Findings from research on resilience in children and parents are summarized along with its implications for practice. The striking similarity of resilience factors observed in research on individual and family resilience are discussed, and a resilience framework for action is presented, emphasizing strategies for promoting resilience, both generally and in the context of military service.



Nurturing Family Resilience Through a Strengths-Based Framework

This webinar presented core principles and guidelines in **Dr. Froma Walsh's** research-informed Family Resilience Practice Framework, identifying key relational processes that couples and families can build for resilience through difficult times. Discussion, with illustrations, highlighted the core strengths — shared beliefs, practices, and resources — that facilitate coping and positive growth.



Nurturing Resilience Through a Strong Community

In this webinar, **Dr. Michael Ungar** explores a dozen of the most important factors that contribute to the resilience of individuals and their communities. Dr. Ungar shows that resilience is a reflection of how well individuals, families, employers and communities work together to help people navigate to the resources they need.

