

# BRAIN STORY Resources

*The Webinar Series - Part 2:*

**Lessons in resilience during times of stress**



## We Got This Waterloo Region

A series of short video's featuring Dr. Jean Clinton & parenting author Ann Douglas on supporting parents during a pandemic and beyond. Please feel free to share and use widely.

[https://www.youtube.com/channel/UCWoTzHkNg\\_8BwP5IF-8N9Ag](https://www.youtube.com/channel/UCWoTzHkNg_8BwP5IF-8N9Ag)

## Family Compass Waterloo Region

*Guiding you to services for children and youth:*

<https://www.familycompasswr.ca/en/index.aspx>



Including a Covid Response link:

<https://childrenandyouthplanningtable.ca/covid-19-resources-for-children-youth-and-families/>



## Reassurance & Guidance for Parents #CaringforKiddsduringCovid

[https://www.youtube.com/playlist?list=PL9lq1PiiDifFS0xt0Ka\\_QEoK8Wlyh0jqi](https://www.youtube.com/playlist?list=PL9lq1PiiDifFS0xt0Ka_QEoK8Wlyh0jqi)

**A Video Conversation with Dr. Jean Clinton & Kerrie Moore Video Link:**

<https://youtu.be/4nn-jIdOA-A>

## Dr. Jean Clinton's Recommended Resource:

<https://www.psychologytoday.com/ca/blog/empowered-relief/202003/the-covid-19-wellness-and-coping-toolkit>



Dr Michael Unger - Manual for Designing Programs that Build Resilience

<https://resilienceresearch.org/>

**Wellbeing Waterloo Region**

## Challenging Systemic Barriers Video Series

[www.wellbeingwaterloo.ca/blog/equity/](http://www.wellbeingwaterloo.ca/blog/equity/)