

CHILD HEALTH AND WELLNESS



OWERKO NEURODEVELOPMENTAL CLINICAL ROUNDS

Sad, Mad, and Feeling Had: A Multi-wave Study of the Strengths and Vulnerabilities of Alberta Youth During the COVID-19 Pandemic



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We know that children and youth have been multiply impacted by the COVID-19 pandemic. A multi-wave COVID Student Wellbeing Study of over 1200 Alberta youth is revealing that, despite feelings of sadness, frustration, and worry, most youth are demonstrating remarkable awareness, self-compassion, and resiliency. This discussion will focus on how the results can inform perspectives on and strategies for coping with adversity during adolescence.

Wednesday, April 6, 2022 from 12 – 1 pm MST

Register here: bit.ly/35BjQ0y



The [University of Calgary](https://www.ucalgary.ca) is driving science and innovation to transform the health and well-being of children and families. Led by the [Alberta Children's Hospital Research Institute](https://www.albertachildrenshospital.ca), top scientists across the campus are partnering with [Alberta Health Services](https://www.albertahealthservices.ca), the [Alberta Children's Hospital Foundation](https://www.albertachildrenshospital.ca), and our community to create a better future for children through research.