



Children's Mental Health During the COVID-19 Pandemic: Strategies for Parent and Child Wellbeing

FREE LEARNING

Dr. Nicole Racine is a clinical psychologist and post-doctoral research fellow at the University of Calgary and the Alberta Children's Hospital Research Institute. Dr. Racine received her PhD in Clinical-Developmental Psychology at York University and completed a residency in Clinical and Pediatric Child Psychology at the Alberta Children's Hospital. Her research program examines the impact of maternal and childhood adversity on mental health and wellbeing, risk and resilience processes, and what prevention and intervention strategies break cycles of risk across generations.

Dr. Madigan is a clinical psychologist, Associate Professor, Canada Research Chair (Tier II), and Director of the Determinants of Child Development Lab in the Department of Psychology at the University of Calgary and the Alberta Children's Hospital Research Institute. Her research is primarily focused on understanding how children's early social experiences and relationships can influence their learning and mental health trajectories. Embedded within this work is the examination of the transmission of intergenerational risks (i.e., from parent to child), particularly the identification of mechanisms that contribute to risk, as well as resiliency factors that mitigate them. Ultimately, she seeks to create and mobilize knowledge that advances the field of developmental science and impacts the lives of children and their families.

This session will focus on the following objectives:

- To contextualize rates of child and youth mental health globally during the pandemic, as well as within Alberta.
- To learn about the most salient stressors related to parent and child mental health during COVID-19.
- To identify strategies to foster family connectedness, as well as healthy device and sleep habits, to help promote mental health now and in a post-pandemic future.

November 23, 2021

1:00 PM – 2:30 PM

Registration Required

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services.

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