

# Responding to Children & Youth After Unforeseen Frightening Events

## A Webinar for Parents, Caregivers & Community Members

Location: Online – ZOOM (see below for links)

### Overview:

This informative webinar is designed for parents, caregivers, and community members to provide them with tools and information to help children and youth after frightening events.

### Session Highlights:

- Define and differentiate stress, grief, and trauma
- Discuss brain and stress responses to frightening events
- Outline what to expect from young people in the days and weeks post-event
- Provide practical tools and responses for supporting children and youth
- Identify when to seek professional help and share valuable resources

### How to Join:

No registration required. Attend by joining the link for the webinar date and time that works best for you:

**Option 1:** Wednesday, May 14/25; 6:30 – 7:30pm PST

Link: <https://ca01web.zoom.us/j/62858834582?pwd=oivaOy81SjzQMXh1RAXjl5BnMlhWqi.1>

Passcode: 350801

**Option 2:** Friday, May 23/25; 6:30 – 7:30pm PST

Link: <https://ca01web.zoom.us/j/62858834582?pwd=oivaOy81SjzQMXh1RAXjl5BnMlhWqi.1>

Passcode: 350801

### About the Facilitators:



**Miguel Godau**, M.A., CCC, (he, him, his)

Team Leader, e-CYMH Team

Miguel joined Child and Youth Mental Health (CYMH) in 2016 and has held roles as clinician and team leader across rural BC. Prior to this he worked with different non-profits and community agencies. He has provided crisis response and grief support in different settings throughout his career.



**Kali Love**, M.A., RCC, (she, her)

Clinician, e-CYMH Team

Kali joined Child and Youth Mental Health (CYMH) in 2015 and has held several roles within MCFD, including clinician, team leader, and mental health policy consultant.

Please contact [Miguel.Godau@bc.gov.ca](mailto:Miguel.Godau@bc.gov.ca) if you have any questions.

This session will be recorded and made available to the public after May 23/25.



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