

## CR19-171 Community Wellness

**PRESENTED BY****Dr. Jody Carrington****SERIES SESSIONS**

Date	Time
April 17, 2019	7:00 PM - 9:00 PM

**LOCATION****Two Hills Mennonite School - Box 720****FEE****\$0.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

### Program

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### Presenters

**Dr. Jody Carrington**

Over the past 15 years, Dr. Jody Carrington has assessed, treated, educated and empowered some of our most vulnerable and precious souls on the planet. She is a child psychologist by trade, but Jody rarely treats kids. The answer lies, she believes, in the people who hold them. Especially when kids have experienced trauma, that's when they need big people the most. Some of her favourites include educators, parents, first responders, and foster parents. Jody has shifted the way they think and feel about the holy work that they do. Before Jody started her own practice and speaking across the country, she worked at the Alberta Children's Hospital on the inpatient and day treatment units where she held families with some of the difficult stories. They taught her the most important lesson: we are wired to do hard things. We can handle those hard things so much easier when we remember this: we are wired for connection. This all started when Jody received her Bachelor of Arts with Distinction from the University of Alberta. She completed a year-long internship with the Royal Canadian Mounted Police during that time, and worked along side families struggling with chronic illness at the Ronald

McDonald House. She received her Master's degree in Psychology at the University of Regina and completed her PhD there as well, before completing her residency in Nova Scotia. Her first book, Kids These Days: A Game Plan for (Re)Connecting with those we Teach, Lead & Love, came out in 2019 and sold 20,000 copies in just three months. It is now on Amazon's Best Sellers List.

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