



NAADAC WEBINAR CE CERTIFICATE INFORMATION

To obtain a CE Certificate:

1. **Watch and listen to the entire webinar.** GoToWebinar provides us with a time tracking tool that verifies that those who pass the CE quiz viewed and participated in the entire webinar.
2. **Pass the online CE quiz,** which can be found on the same website you visited to register for this webinar. To access it, visit www.naadac.org/webinars and scroll down to months/topic and select the webinar of choice.
3. **If applicable, submit payment for CE certificate or [join NAADAC](#).** CE Certificates for NAADAC members are FREE. The cost for non-members for a 60-minute webinar is \$15, for a 90-minute webinar is \$20, and for a 120-minute webinar is \$25.
4. **A CE certificate will be emailed to you within 21 days of submitting the quiz.**
5. **Any questions, please email CE@naadac.org.**

Where do I find the online CE quiz for this webinar?

The screenshot shows a web browser window with the URL naadac.org/resilient-families-webinar. The page features a blue header with the NAADAC logo and navigation links: About, Contact, Affiliates, Career Center, Join, Search, Donate, and Login. Below the header is a banner for the webinar: "Resilient Families: Communication Cultivates Adaptability Within Family Systems".

The main content area is titled "Free NAADAC Webinar" and lists the date and time: "Wednesday, January 15, 2020 @ 3-4:30pm ET (2CT/1MT/12PT)". A "Register Now!" button is visible. Below this, a list of resources is provided:

- Watch: On-Demand Recording (coming soon...)
- Download: PowerPoint Slides (coming soon...)
- CE Credits: Online CE Quiz (coming soon...)
- Answers: Live Event Q & A (coming soon...)

A yellow arrow points to the "CE Credits" line, with the word "HERE" written in black on the arrow. Below this list, the "Description" and "Learning Objectives" sections are visible.

Description
Recovery for families involves positive stress management, coping with change, and the availability of support. We will examine how learning to cope with manageable stress is critical to developing resilience. Communication and community collaboration will be highlighted as essential to family members building skills, creating biological resistance to adversity, and experiencing resilient outcomes. Communication performances of bonding, bridging, and linking will be detailed as critical to family members' cultivation of stability, finding a rhythm in family life with confidence to manage change. Throughout the webinar, participants will be asked to build upon ideas for family-practitioner-community collaboration to enhance resilience among families.

Learning Objectives

- Identify the impacts of social connections on one's ability to positively manage stress.
- Identify how communication is directly linked to adaptability and building resilience in family systems.