

# Community Education Service

## Navigating the Social Media Nightmare - Parenting in a Digital World

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**Thursday April 19, 2018**

**6:30 pm - 8:30 pm**

**Sign in: 6:15pm**

Bert Church High School  
1010 E Lake Blvd, **Airdrie**

Session is FREE  
of charge/  
Parking fees  
may apply

Register: <http://community.hmhc.ca/>

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955 - 4747

This session will cover: what social media platforms are out there and which ones are popular? What are the dangers associated with social media? How can I educate myself and support my child to be safe on social media? Participants are encouraged to bring their device, along with any questions they might have regarding social media.

**Level I:** This session presents an overview of social media and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [RVS](#), [MHCB Stepping Stones to Mental Health](#) & [Telus Wise](#).