

Community Education Service



Improving emotional health and well being

Understanding Social Media Use in Teens

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The world of social media is constantly changing, and it can be hard to keep up. This session will look at some of the most popular platforms among Canadian youth and how to protect privacy and keep everyone safe. We will also discuss the effects of social media use on teen mental health and how to promote healthy social media habits in a digital world.

FREE WEBINAR

May 31, 2021
6:30 - 8:30 PM

[Register](#)

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

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