

# Community Education Service

*Improving emotional health and well being*

Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

## Navigating Technology with our Youth

Andrea Halwas Larsen, BA, MFA, PhD, REACE, Registered Expressive Arts Therapy Consultant, Associate Therapist & Educational Coordinator at Juno House

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self harm, obsessive compulsive disorders, depression and eating disorders.

**April 19<sup>th</sup>, 2023**

**12:00 PM – 1:30 PM**

**FREE LEARNING**

**Registration Required**

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with

[Juno House](#).

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