

Community Education Service



Improving emotional health and well being

From Finsta to FOMO: 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.

**March 14, 2023
6:30 PM – 8:30 PM**

**Click here to
register
FREE
online event**

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Rocky View School Division** and **MHC B Stepping Stones to Mental Health**.