

Community Education Service



Improving emotional health and well being

Understanding and Managing Video Gaming Addiction in Kids

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Video games are designed to be highly engaging, often leading to addictive behaviours in children and adolescents. In this workshop, learn about the mechanisms behind gaming addiction; the impacts on emotional regulation, learning, and socialization; and effective strategies to help kids maintain a healthy relationship with gaming.

Learning Objectives

1. Understand the neurological impact of gaming addiction
2. Recognize the psychological and emotional effects of gaming
3. Identify healthy gaming practices
4. Develop effective parental strategies

By attending this workshop, parents will gain a foundational understanding of video gaming addiction and practical tools to help their children develop healthier gaming habits.

October 8, 2024
10:00 am – 12:00pm

[Click here to register](#)

FREE

online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of

[Recovery Alberta](#) and **[Koru Family Psychology](#)**