

Community Education Service



Improving emotional health and wellbeing

Digital Dilemma:

The Impact of Screens, Social Media, and Gaming on Youth

Presented by the Community Health Promotion Services (CHPS) Team of Recovery Alberta

In today's digital world, screens are everywhere—but what impact do they have on youth? This session will explore the effects of social media, video gaming, and screen time on key areas of life, including mental health, social connections, and overall well-being. We'll discuss evidence-based insights on both the risks and benefits of digital engagement, as well as practical strategies for fostering a balanced approach. Join us for a meaningful conversation on how to support young people in developing healthy screen habits while strengthening real-world connections.



May 22nd , 2025
11:30 AM – 1:00 PM

[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 **Community Health Promotion Services**.