

Community Education Service



Improving emotional health and wellbeing

Understanding Social Media Use in Teens

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Stepping Stones to Mental Health

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.

April 15, 2025
6:00 pm - 8:00 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 **Rockyview School Division, MHCBC**
Stepping Stones to Mental Health.