

Community Education Service



Improving emotional health and wellbeing

Level Up: Exploring the Impact of Gaming and Tech on Adolescent Learning and Cognition

Stephen Sills, Registered Psychologist

Sills Psychology

A presentation about benefits and consequences associated with playing video games during adolescence.

We will cover some of the recent scientific literature and recommendations for helping adolescents navigate this ever-expanding genre of entertainment and socialization.

**October 8th , 2025
11:30 AM - 1:00 PM**

[Click here to
register](#)
FREE



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** in partnership the **Calgary Board of Education** and with **Sills Psychology**.