

Community Education Service



Improving emotional health and wellbeing

Digital Dilemma: Screens, Social Media, and Gaming

Health Promotion Facilitators, Community Health Promotion Services (CHPS),
Recovery Alberta

- Screens are everywhere—how is this affecting our kids?
- Learn how social media, gaming, and screen time impact youth mental health and relationships.
- Get simple tips to help your child build healthy screen habits and stay emotionally well.



October 6, 2025
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 Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** in partnership with the **Calgary Board of Education**.

ces@recoveryalberta.ca | <http://community.hmhc.ca> | 403 955 4730