

Community Education Service



Improving emotional health and wellbeing

The Effects of Screen Time and Social Media on Children's Development & Mental Health

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The Family Psychology Place

Screens and social media can influence children's development and mental health, sometimes leading to increased anxiety, sleep issues, or challenges with self-esteem. Learn how to support your children by understanding the impact they have, and the role of setting healthy boundaries for screen time, encouraging open conversations about online experiences, modelling balanced digital habits, and fostering resilience and well-being in a digital age.

April 23rd, 2026
12:00 PM – 1:30 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** and **The Family Psychology Place**.