

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Navigating Technology with our Youth

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Thursday Sept 17 2026

12:00 - 1:30 PM

This session is not only about technology's impact on youth, but is also about a child's healthy brain development and the necessary parenting role in creating healthy, emotionally regulated and integrated brains. It will teach the foundation of a child's emotional brain development, how to grow it, and how technology can dangerously hijack it.

This 90-minute session will provide participants with:

- an understanding of the basic neuroscience behind healthy brain development,
- the dangers of technology for healthy brain development,
- technology use rules to help you and your child manage tech use,
- strategies to connect to your child including how to be an emotion coach and build a relationship that can be stronger than their relationship with their tech.

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