

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Raising Healthy Humans in a Digital World: Conversations About Technology, Mental Health, and Growing Up Online

Dr. Sterling Sparshu MD, FRCPC, Child and Adolescent Psychiatrist, Recovery Alberta

Tuesday Oct 20 2026

6:30 - 8:00

By the end of this session, participants will be able to:

1. Understand how digital media can affect children's learning, relationships, and mental health.
2. Recognize signs that screen use may be becoming problematic.
3. Have more productive conversations with children and teens about using screens safely and positively.

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