

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 PM

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.**

**Click here to
register**



Mental Health Collaborative | Recovery Alberta

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