

## Social Media and our Youth

**PRESENTED BY****Calgary Health Promotion Services (CHPS)****SERIES SESSIONS**

Date	Time
December 08, 2022	4:00 PM - 6:00 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:**[register@crcpd.ab.ca](mailto:register@crcpd.ab.ca)[403-291-0967](tel:403-291-0967)**REGISTER ONLINE****Visit our website to register:**[crcpd.ab.ca](http://crcpd.ab.ca)

### Program

Target Audience: All teachers, educational assistants, parents, administrators and guidance counsellors are encouraged to attend.

Social media has been around for decades and is commonly used by all. These digital platforms allow any user to create or share content in forms of posts, photos, videos and connection. This session will explore social media use among youth, highlighting the risks and benefits of use, impact on mental health and strategies that can be implemented by parents and service providers.

### Presenters

#### Calgary Health Promotion Services (CHPS)

The Health Promotion Facilitators on the Community Health Promotion Services (CHPS) Team connect, consult, collaborate, and contribute resources to communities. Their mission is to prevent and reduce harms related to alcohol, drugs and mental health disorders by maximizing the well-being of children, adolescents and families.

## Registration Notes

This session will not be recorded.

All sessions are Mountain Time



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