

‘intheknow’

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health challenges.

Every month, we host events for families called ‘in the know’. We come together and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding and connection with our kids.

Video Gaming, Social Media Misuse, and Other Related Digital Addictions Among 8 to 25 Year Olds

Problem video gaming, social media misuse, and other digital addictions have become a common challenge for youth in the present day. In this presentation, we provide insights on what "technophilic culture" is, how to minimize its impacts, and how to use technologies to help support youth who show warning signs.

Communities: Squamish

Cost: Free of Charge

Date: January 10, 2022 at 4:30pm

Registration Required:

familysmart.ca/events

Events are facilitated by Parent Peer Support Workers.