NHS
South West London and St George's Mental Health
NHS Trust

Education Wellbeing Service

Education Wellbeing Service Webinar

Screen Time, Social Media and Gaming: what parents need to know

Young people are spending more and more time on social media and gaming.

This workshop talks through the relationship between mental health and different forms of screentime – some of the myths, science and also tips for how to think about and support your teen around different forms of screentime.
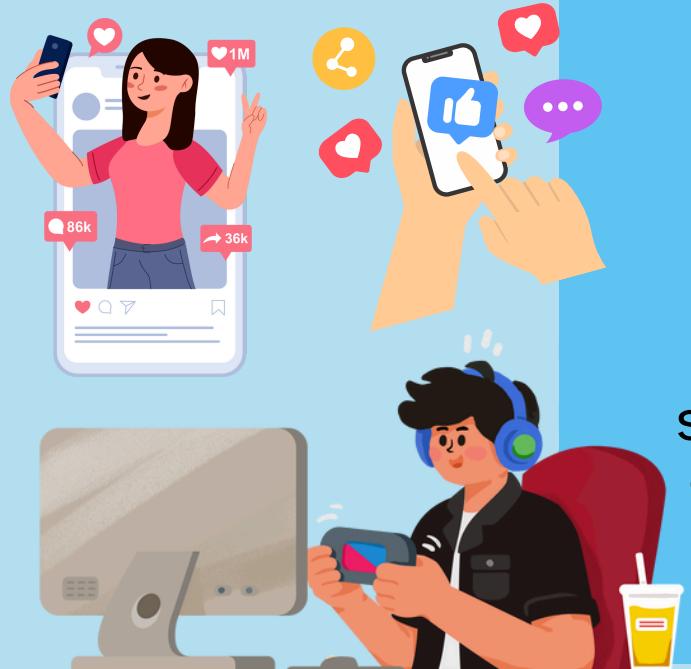
DATE / TIME

Monday 12th January.
1.00-2.00pm

Scan the QR code or click here

LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by clicking here

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Wednesday 14th January.
7.00-8.00pm

Scan the QR code or click here