



# Thursday 20th February Parent Webinar 6pm - 7pm

## Children's mental health in the digital age Workshop



We would like to invite parents/carers of young people to a workshop which explores Children's mental health in digital age

### The workshop explores :

- Evidence around social media, technology and mental health
- Moving with the times
- Impact on mental health
- Thoughts, feelings, behaviour cycle
- What can you do to support your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**Meeting ID: 363 868 611 921**  
**Passcode: KHRBHE**