



Thursday 20th August 2026 - Children's mental health in the digital age at 12:30pm and 5:30pm



We would like to invite parents/carers of young people to a 1/2 hour, information session which explores Children's mental health in digital age

The session 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.



12:30pm - Meeting ID: 329 113 282 619 7

Passcode: Ys7i9VV7

5:30pm - Meeting ID: 329 113 282 619 7

Passcode: Ys7i9VV7