

Raising Resilient Kids in the Digital Age

A Webinar for Parents & Caregivers

Tuesday, May 31, 2022
6:30 – 8:00 pm

21st century technology plays an important role in the lives of children, youth, and their families – especially during a pandemic. Social media and video games can support our relationships and connections with others and offer an outlet for learning and creativity. However, there are risks associated with our highly digital culture.

In this webinar, Chris Vollum will share ideas with parents and caregivers about promoting digital wellness. Following the presentation, we will hear from a mental health expert, a parent, and a youth about their experiences with social media and gaming, and they will share practical suggestions for being resilient in a digital age.

Following the presentation and discussion, there will be an opportunity to ask questions.

Register here.



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