

# Community Education Service



*Improving emotional health and well being*

## Screen time The Good, the Bad & the Ugly

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Many parents struggle with screen time. On the one hand, they know they should limit screens. On the other, they realize that screens are part of kids' culture. How much is too much? This workshop is critical for all parents who are wondering about the amount of screen time their children have. In this workshop, participants will learn:

- The effects of screen time on the developing brain
- The behavioural outcomes of too much screen time
- How and when technology can be beneficial

## FREE WEBINAR

**November 18, 2021**  
**6:30 PM - 8:30 PM**

[Register](#)

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This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Koru Family Psychology**.