

SCREENAGERS

SCREENAGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

FEBRUARY 28

- examines the science behind teen's emotional challenges + the interplay of social media
- what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety and depression in the digital age

MARCH 28

- explore the impact of screen technology on kids + offer parents and families proven solutions that work
- navigate growing up in a world with instant access to screens



EVENT DETAILS

- FREE EVENT! Register online on the FCSS website
- Location: Manluk Theatre (5002 53 Ave)
- Doors open at 5:30 pm, Screening starts at 6:00 pm, Panel discussion to follow

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