

**** NEW DATE: Thursday, April 4th ****

When Likes become Need: Social Media Use and Anxiety, Addiction, and Self-Esteem in Adolescents

Julie Walsh is a dynamic and engaging speaker. She holds a Master's in Social Work and has over 10 years experience in child and family therapy, with a focus on trauma, attachment, and regulation. This workshop will explore the neurobiology of addiction, the marketing of social media, and impact on the developing brain.

Topics will include:

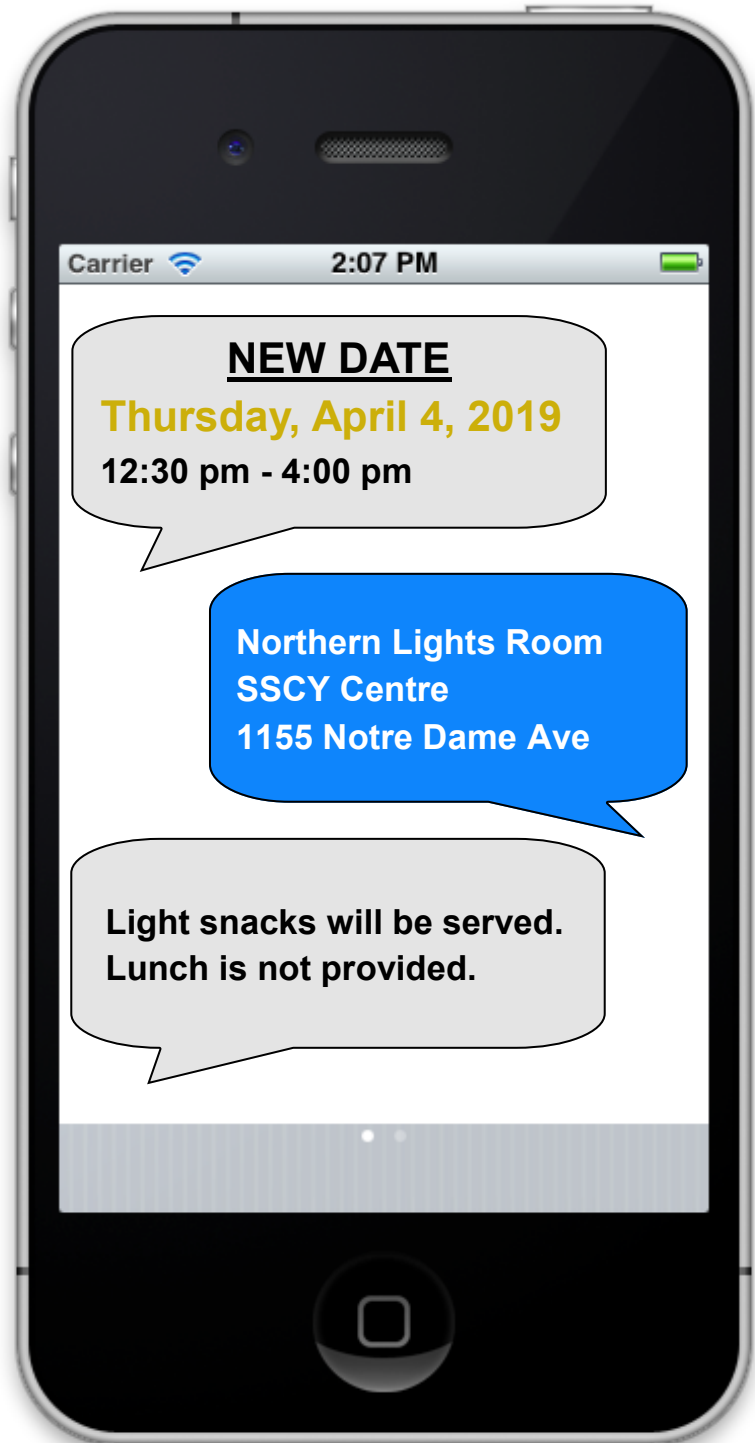
- * **How to use social media safely**
- * **How to know when a youth is at risk**
- * **How to mitigate these risks**
- * **Ways to re-engage and connect with youth**

Parking Information

Visitor parking is available at SSCY. Cost is \$2.00 for the first hour, \$1.50 for each added hour up to a max. of \$8.00 per day. The machine is by license plate and is located by the security desk through the front entrance. It does not take bills, debit, or give change. You can pay by phone.

Street parking restrictions have been lifted for Downing St. and Dominion St. between Notre Dame Ave. and Yarwood Ave. from 12:00 pm to 4:30 pm.

Please be advised this does not allow parking in No Parking / No Stopping zones or areas subject to a winter parking ban.



Please contact Rita at (204) 258-6601 or email rdrohmereski@rccinc.ca to sign up for this FREE workshop.