

# Smartphones & Social Media

## What's the impact on our kids?

Presented by:

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The transition into adolescence is challenging enough—more social and emotional demands face young people during this time in their development than any other.

Today's youth are dealing with some additional unique situations that are having an impact on the rates of anxiety, depression, and suicide.

This presentation will explain the trends we're seeing from the perspective of an expert in adolescent mental health. Dr. Chettiar will share the impact that technology is having on our kids, and give us strategies to address them in our homes, schools, and communities.

**Thursday, April 22, 2021**

**6:00pm-7:30pm**

**Virtual Presentation followed by Question/Answer Session**

There's no cost to attend, but you must register to receive the link.

[Click Here to Register](#)

***A FREE "parenting goodie bag" will be mailed to all participants!***

This community education event is provided by:

