

Your Teen Toolbox

Workshops for parents and teens, promoting healthy teen years.

Social Media and Mental Health

Our teens are "liking," "posting," "sharing," "uploading," and "tagging" all day with the touch of a finger. Digital technology is an excellent tool to make and enhance social relationships, however, it can also expose our children to risk and negatively impact their mental health. Lidia Roman, AMFT, will highlight the negatives and positives of social media and discuss how parents and teens can balance the digital life without hurting their mental health. This workshop is for parents and teens ages 12 and up.



**Thursday, March 19, 2020
6:00 p.m. to 7:30 p.m.**

**Aliso Viejo Middle School- Multipurpose Room
111 Park Ave, Aliso Viejo, CA, 92656**



Wellness
& Prevention
Center

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