

WESTBROOK FAMILIES, IS SCREEN TIME A GROWING CONCERN IN YOUR HOME?

If so, you are not alone.



COMBATING EXCESSIVE SCREEN USE & PROMOTING HEALTHY BEHAVIOURS

UNIVERSITY OF TORONTO ALUMNI

This is probably not new news! Over the past decade, there has been evidence of increasing mental distress and treatment for mental health conditions among youth in North America that parallels their excess use of social media, and smartphones. You are invited to join this FREE online lecture by the University of Toronto below.

Please note: When you register it will prompt you for a College/Faculty/Campus and Grad year. Just bluff it :) enter what you wish then hit the save and continue button to register.

Check it out!

[LINK HERE TO REGISTER](#)

**TUESDAY
JAN 25, 2022
ONLINE
7:00 PM - 8:00 PM**

FREE FOR EVERYONE!