



Social Media & Mental Health

Social media can have both positive and negative impacts on our mental health and wellbeing. So how can it affect your child?

During this FREE workshop Helping Minds will explore the relationship between social media and your child's mental health and wellbeing.

Topics of discussion will include:

- The impact social media can have on your child's mental health and wellbeing.
- Strategies for preventing and dealing with cyberbullying.
- Tips on how your child can use social media in a mentally healthy way and stay safe online.
- Where to go for help or support.

Wednesday 22 May, 6.00pm - 7.00pm at Armadale Library

This session is suitable for parents, early childhood educators and teachers.

Places are limited and bookings are essential.
Visit library.armadale.wa.gov.au or call **9394 5125**.



library.armadale.wa.gov.au
Armadale Library | (08) 9394 5125
Kelmescott Library | (08) 9394 5810
Seville Grove Library | (08) 9394 5800

