

‘intheknow’

information + support

“Technology and gaming: The impact on our kid’s mental health”

Join us for an In-Person Presentation

In this presentation, we will learn about video games/technology and our relationship to these devices. Additionally, the impacts and consequences of overusing the devices and finally, tips and strategies to take away for how to support children develop a healthy relationship to video games and technology. A special focus will be placed on kids who face mental health challenges and how their relationships develop with video games and electronics.

Topic Presenter:

**Ly Nguyen, Prevention and Community Engagement
Provider with B.C. Responsible Gambling Program**

Wednesday, June 12th, 2019

6:30pm – 8:30pm

**Room #137 Coquitlam Public Library, City Centre Branch
1169 Pinetree Way, Coquitlam
(free parking on second floor of parkade)**

FREE OF CHARGE

Please RSVP by email: moira.hazlehurst@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.