

Community Education Service



Improving emotional health and wellbeing

Navigating Technology with our Youth

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Technology is everywhere: the good, the bad and the ugly. Our youth need to learn how to navigate this world and how to be critical about their relationship with tech.

This session is not only about technology's impact on youth, but is also about a child's healthy brain development and the necessary parenting role in creating healthy, emotionally regulated and integrated brains. It will teach the foundation of a child's emotional brain development, how to grow it, and how technology can dangerously hijack it.

This session is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self harm, obsessive compulsive disorders, depression and eating disorders.

This 90-minute session will provide participants with:

- an understanding of the basic neuroscience behind healthy brain development,
- the dangers of technology for healthy brain development,
- technology use rules to help you and your child manage tech use,
- strategies to connect to your child including how to be an emotion coach and build a relationship that can be stronger than their relationship with their tech.



February 26th, 2026

12:00 PM – 1:30 PM

[Register Here](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Juno House](#) and is sponsored by the [Arnica Foundation](#).