

# 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 26<sup>th</sup>, 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**.