



All SJC parents and carers are warmly invited to a free information evening covering social media, gaming, internet use and adolescent mental health.

Growing Up in the Digital Age

Every parent wants their child to be happy, fulfilled and mentally healthy. But, when you are raising adolescents in a digital age, the challenge can seem daunting. The Counselling Department invites you to join experts in online culture, digital media and youth mental health to answer your questions and explore how parents and carers can act now to increase the mental wellbeing of their young people. Our special guest is **Dr Philip Tam**, a consultant child and adolescent psychiatrist.

the Farrell Auditorium
Friday 16 March 2018, 5.30pm - 7.00pm

Click here to RSVP

Light refreshments will be provided.

To complete a Digital Age survey, and to suggest topics you are interested to hear about click here.

RSVP

Monday 12 March 2018

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