



# HEALTHY SOCIAL MEDIA HABITS FOR KIDS

## IN-PERSON WORKSHOP

This session is tailored to equip parents/guardians with the knowledge and skills needed to understand and guide their child or teens' social media use.

This workshop, led by Common Compass provides insights into the impact of social media on young minds, practical strategies for fostering healthy digital habits, and open communication channels to address online challenges.

**Join us to ensure your child's safe and responsible engagement with the digital world.**

**Thursday, April 18**

**6:00 PM**

**Refreshments will be served**

**[Click Here to RSVP](#)**  
**[RSVP by April 17](#)**

About Common Compass:

Common Compass is an Ontario-based non-profit organization who have over the last 8 years worked with multiple school boards to empower students, their schools, and communities by strengthening social-emotional well being and mental health through evidence-informed, tailored programming for students, educators and parents and fostering systemic change through amplifying student voice, coaching schools, and advocacy.