

MENTAL WELLNESS



& Our Stories

A series for students in grades 5 and up and any adult who supports and cares for a student in those grades. We will gather once a month with a guest speaker coming in to guide and facilitate our conversations. Each speaker will have a unique focus that will help us see the different ways our mental wellness & our stories can be impacted. In addition to gathering to learn and discover together, participants are invited to join for fellowship over a meal. Here is what you need to know about our first event in this series.

Sunday, February 26

4:00 – 5:30 pm Presentation: *It's Complicated: Youth, Media, and Mental Health*

Presenter: Erin Walsh from Spark & Stitch

5:30 – 6:00 pm Dinner

Student & Adult Topic:

Most young people report that technology helps them feel more connected to friends and provides critical support during challenging times. Yet young people today also report being more stressed and anxious than ever. So what is the relationship between screen time and mental health? Erin Walsh will cut through conflicting information and share what the latest evidence tells us about screen time's impact on our health and wellbeing. As opposed to framing tech as "good" or "bad," Erin will use brain science, warmth, and humor to identify key strategies that help young people and parents alike move towards digital wellbeing.

Please let us know if you will attend. Email [Cathy Hendrikson](#), [Abby Norlin-Weaver](#), or [Joann Arneberg](#).