

POSITIVE COPING ON SOCIAL MEDIA:

A WORKSHOP FOR 5TH-6TH GRADERS

Join us for this workshop for 5th-6th graders to learn how to develop a healthy relationship with social media

OBJECTIVES:

Build awareness of the impacts that social media can have on mental health

Identify social media triggers that increase mental health problems

Learn skills to regulate emotions and develop healthy online boundaries

DETAILS:

- *Sunday, October 27th | 4:00-6:00pm*
- *Open To All 5th & 6th Graders*
- *Simply Bee Vernon Hills Office*
- *\$45/Person*

www.simplybeecounseling.net/socialmedia

