MDUSD

MENTAL HEALTH & WELLNESS SERIES

Impact of Technology & Screen Time on Students Mental Health

Wednesday, December 2, 2026
6:00- 7:30 pm
Mt. Diablo Unified School District
Dent Center
1936 Carlotta Drive, Concord, Ca 94519
Board Room

ON THE AGENDA

- The Landscape: Understanding in Today's Digital World
- Impact on Development & Mental Health
- Elementary vs. Secondary Considerations
- Practical Strategies & Solutions For Families
- District and Community Resources
- Q & A



NEXT EVENT:

FOSTERING YOUR CHILD'S MENTAL HEALTH THROUGH YOUR PARENTING RELATIONSHIP