

Helping Teens & Families Navigate Mental Health & Wellness



Technology and Social Media

Wednesday, May 24, 2023 | 6 - 7 p.m.

Online Webinar

Price: Free

Gaming and social media use have increased substantially since the start of the pandemic and continue to pose significant challenges for teens, parents and families, including issues related teen mental growth and development. The psychological impacts of COVID-19 have included increased rates of depression, anxiety and feelings of isolation, with the soaring use of gaming and social media compounding the problem.

Please join Hoag's ASPIRE program teen mental health experts as they discuss the growing impact technology is having on adolescent behavior and brain.

Featured Speakers



Sina Safahieh, MD

Child and Adolescent Psychiatrist
Program Director, ASPIRE at Hoag



David Cook, LMFT

Lead Therapist, ASPIRE at Hoag

ASPIRE (After School Program for Interventions and Resiliency Education) at Hoag is designed to help young people experiencing emotional and neurobehavioral problems, including depression, anxiety, trauma, grief and other symptoms related to mental health issues.

hoag.org/ASPIRE



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