



Mount Gleason Middle School Parent Center
10965 Mt. Gleason Ave.
Sunland, CA 91040

Social Media and Its Effects on Mental Health



Presented by: Angela Pailevanian, PSW

In this workshop we will cover:

- Benefits and risks of social media
- Effects of social media on mental health
- Reoccurring problems with social media in our schools
- Controlling your child's social media use



**Monday November 7
8:30am
MGMS Parent Center**