



Digital Detours

Digital balance, mental clarity

The Truth About Youth

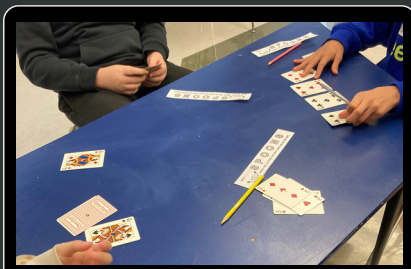
Empowering support to thrive in a digital age.

Get ready for a riveting evening of learning and discussion at Lethbridge's Yates Theatre on November 15th, from 7 to 8 pm! Join us for "The Truth About Youth," an event that boasts an engaging panel lineup including Lethbridge Police Services, a seasoned psychologist, parent perspective, and an Alberta Health Services expert. Have burning questions? Scan the QR Code (on the right) to submit them and watch the magic unfold. Get set to equip yourself with the tools to help the youth thrive in this digital age!



Collaborative Learning

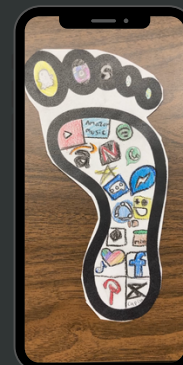
The Digital Wellness Team has embraced each opportunity to build rapport and digital wellness awareness in our Lethbridge School Division Schools!



Community and Brain Developing Games



D.W. Team Luncheons



Building our Digital Footprints



Book your students the experience of working toward digital thriving today by visiting our bookings page ([click here](#)) to explore some of our available lessons!



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Tech Titans

Bite sized tech insights

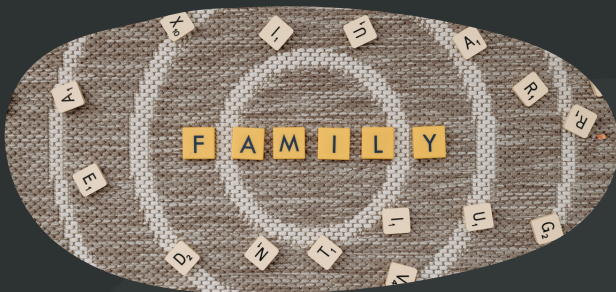
One Mind PsyberGuide: One Mind PsyberGuide is a non-profit initiative dedicated to advancing digital mental health by evaluating and promoting the best practices for technology use in improving mental well-being. Their mission is to enhance access to mental health resources, especially for those without traditional support, and explore the potential of technology to enhance overall well-being. Visit by clicking the image (left).



Wellness Building Pathways

How to Balance Technology in Your Family:

November 30th - 7:00 PM-8:00 PM.
Presentation by Alberta Health Services
Call "Access Addictions & Mental Health"-
1-888-594-0211, for **FREE** link to session.



Sleep Hygiene 101!

Excessive use of technology, particularly in the evening, can disrupt natural sleep patterns by emitting blue light that interferes with circadian rhythms. This disruption delays the onset of sleep and reduces overall sleep duration, affecting ones cognitive and physical well-being. Balancing technology use, especially before bedtime, is crucial to preserving healthy sleep patterns. Individuals can improve their natural sleep patterns by establish a digital curfew and creating a relaxing bedtime routine when possible.



"Screen off, Sleep on"

