

TECHNOLOGY AND MENTAL HEALTH ACROSS THE LIFESPAN



Description

Does technology take us away from what matters most, or could it provide new ways of enriching our lives? In this workshop, Clinical Psychology students at the University of Waterloo will review how technology relates to well-being across the lifespan. Referencing research in the field, we will outline the benefits and risks associated with the use of technology for promoting social connection, pursuing hobbies, and aiding personal development

When



Wednesday
November 29, 2023
1:00 to 2:00 pm

Where



Forest Heights Library
251 Fischer-Hallman Road
Kitchener

Additional Information



Registration is required



centre for
mental health
research and treatment

Kitchener
Public Library