

Staying Safe Online

A Free Virtual Series on Cyberbullying, Internet Safety, and Digital Addiction open to the community.



SOCIAL MEDIA ADDICTION

Monday, October 7, 2024
9:00-10:30am

Presented by: Corey Hebner,
MI State Police, Community Services Trooper

This session will explore how excessive online behavior affects mental health, relationships, and daily functioning, while also offering practical strategies for managing and reducing screen time.

1.5 Free SW CE credits offered

To Register click the link below or scan the QR code:

[CLICK HERE](#)



PUBLIC & PERMANENT: DEVELOP YOUR DIGITAL CONCIIOUSNESS

Tuesday, October 15, 2024
10:00-11:30am

Presented by: Richard Guerry, IROC2

This session will cover essential topics like identifying online risks, safeguarding personal information, and recognizing the signs of cyberbullying.

1.5 Free SW CE credits offered

To register click the link below or scan the QR code:

[CLICK HERE](#)



St. Clair County
Community Mental Health

Providing Opportunities for Health, Wellness, & Connection

www.sccmh.org



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FOR QUESTIONS REGARDING REGISTRATION OR ASSISTANCE WITH ADA ACCOMODATIONS, CONTACT TAMMY LAKE AT (810) 966-2597 OR TLAKE@SCCCMH.ORG.