

For Immediate Release

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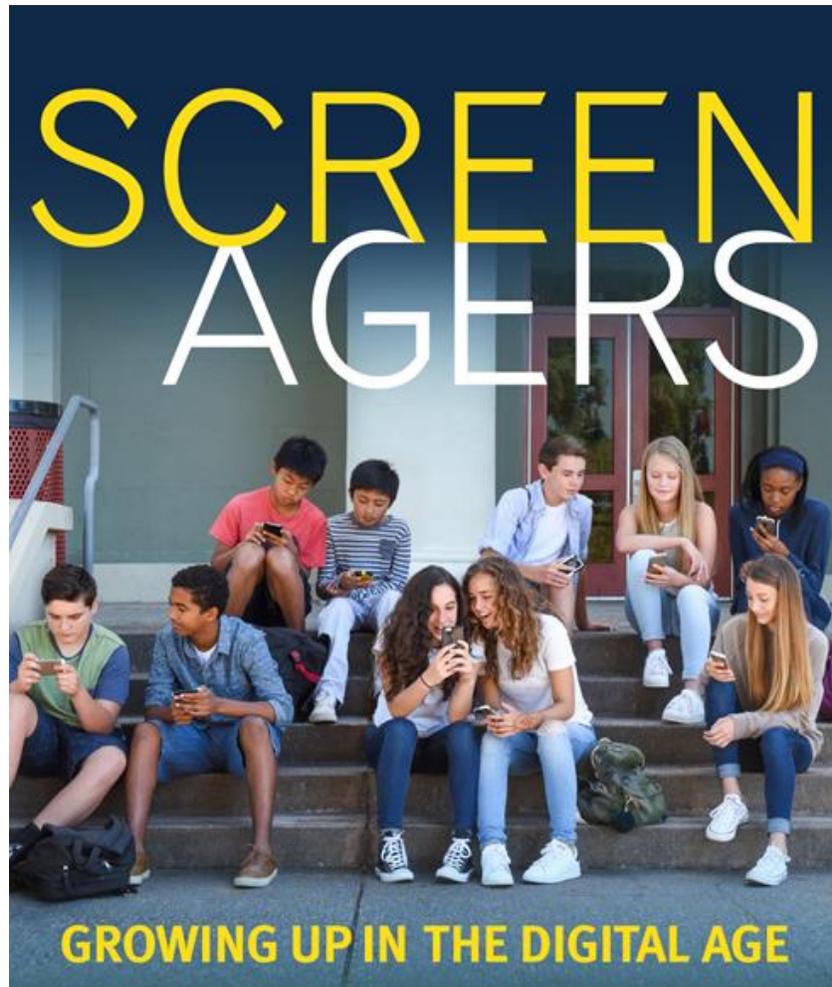
A public showing of **SCREENAGERS: growing up in the digital age**

Understanding the impacts of screen time on youth and families

(Oakville, Milton, Halton Hills, ON) – The average youth spends 6.5 hours a day looking at screens. What impact is this having on children and families? Halton Healthcare will be showing a special public screening of SCREENAGERS (runtime: 68 minutes) directed by physician and filmmaker Delaney Ruston about the impact of the digital age on children and youth, and how to help families minimize harmful effects and find balance. Halton Healthcare is pleased to be showing this film in recognition of National Children’s Mental Health Awareness Day, also during Mental Health Week.

In SCREENAGERS, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts youths’ development and offers solutions on how adults can empower youth to best navigate the digital world and find balance. After seeing the film, people report feeling more confident and better equipped to establish balance around screen time.

When: Tuesday, May 7, 2019 from 6:00 p.m. to 8:00 p.m.
Where: Oakville Trafalgar Memorial Hospital, 3001 Hospital Gate, Oakville
(in the John Oliver Auditorium near the main lobby)
Age: Film is recommended for ages 10 and up
Format: An interactive Q&A session with panel members will follow. The panel is made up of our clinicians and a psychiatrist from the Child & Adolescent Outpatient Service and the Eating Disorder Program
Parking: Park in the parking garage and enter the hospital on the main level
Questions: Email questions to FamilyEDinfo@haltonhealthcare.com
Cost: No cost



About Halton Healthcare

Halton Healthcare is a healthcare organization comprised of three community hospitals - Georgetown Hospital, Milton District Hospital and Oakville Trafalgar Memorial Hospital. Together these hospitals, along with their community locations, provide healthcare services to nearly 400,000 residents in the communities of Halton Hills, Milton and Oakville. Halton Healthcare has been recognized for best practices in a number of patient safety and patient care initiatives. For more information, visit www.haltonhealthcare.com Follow us on Twitter @HaltonHlthcare and Facebook.



For more information, please contact:

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