

How can families support healthy development in a world of smartphones, social media, and AI? This engaging session shares current research and practical, evidence-based strategies to help foster wellness, resilience, balance, and digital wellbeing.

Arbutus Global Middle School PAC is pleased to host this presentation for interested parents/caregivers from all 10 Middle Schools in the Greater Victoria School District

Supporting Adolescent Mental Health in a Digital World

with Registered Clinical Counsellor

Julie-Anne Richards

M.A., R.C.C., C.C.C., www.JulieAnneRichards.com



Julie-Anne Richards, M.A., R.C.C., C.C.C., is a seasoned clinical counsellor, educator, and dynamic speaker with more than 25 years of experience in mental health and education. She brings extensive experience working with children, adolescents, parents, and schools, translating psychological research into practical strategies for supporting young people's mental health. Known for her warmth, humour, and engaging style, Julie-Anne helps audiences understand the challenges young people face in an increasingly digital and connected world.

Arbutus Global Middle School
in the Cafeteria
2306 Edgelow St, Victoria
Tuesday, October 6, 2026
6:30 to 8:30 pm

No charge, but pre-registration on a first-come first-serve basis is required.
To register, click [**October 2026 Parent Education REGISTRATION LINK**](#)