

Screens & Brains

Protecting growing minds in a digital world



Join this **FREE webinar** with neuroscientist **Dr Mark Williams** to learn how screen use influences children and young people's:

- Brain development
- Learning and academic performance
- Behaviour and regulation
- Social connection, wellbeing and mental health

Gain practical ways to support healthy development in a digital world.

For parents and carers of children and young people (5–16 years).

Brought to you by Northern Sydney Local Health District, School Years team in partnership with the Northern Sydney Region of Councils.

Date: Tues 11th August, 2026

Time: 7:00pm - 8:30pm

Location: Online via MS Teams

*Delivered in English with closed captions available in other languages



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