

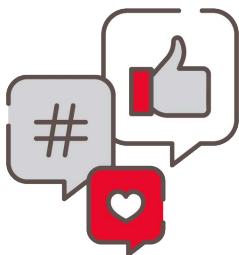
# Children's Mental Health Webinar Series

with Children's National Hospital and  
CareFirst BlueCross BlueShield

Join us on

February 12, 2025  
12 - 1 p.m.

## Social Media and Youth Mental Health



Children's National Hospital and CareFirst BlueCross BlueShield present a webinar on social media and youth mental health. Experts will provide valuable background and information to parents and other caregivers on the risks of social media and tools to encourage safe online presence and support youth mental health. This webinar is the first in a three-part series focusing on youth mental health and what parents can do to support their mental wellbeing.

### To register:

scan the QR code or go to

[childrensnational.org/MentalHealthWebinar](https://childrensnational.org/MentalHealthWebinar)



Upcoming webinars in this series will explore additional aspects of youth mental health and parental mental health. More details coming soon!