



Tech and Youth Wellbeing: The **Good** The Bad and The Ugly

A free event - Registration required.

"Join us for an essential discussion about how technology is reshaping youth mental health. This session will explore the positive potential of digital connection alongside the real risks of social media, gaming, and online interactions. We'll discuss practical strategies for supporting young people to develop healthy digital habits while recognising when online behaviours signal deeper mental health concerns."



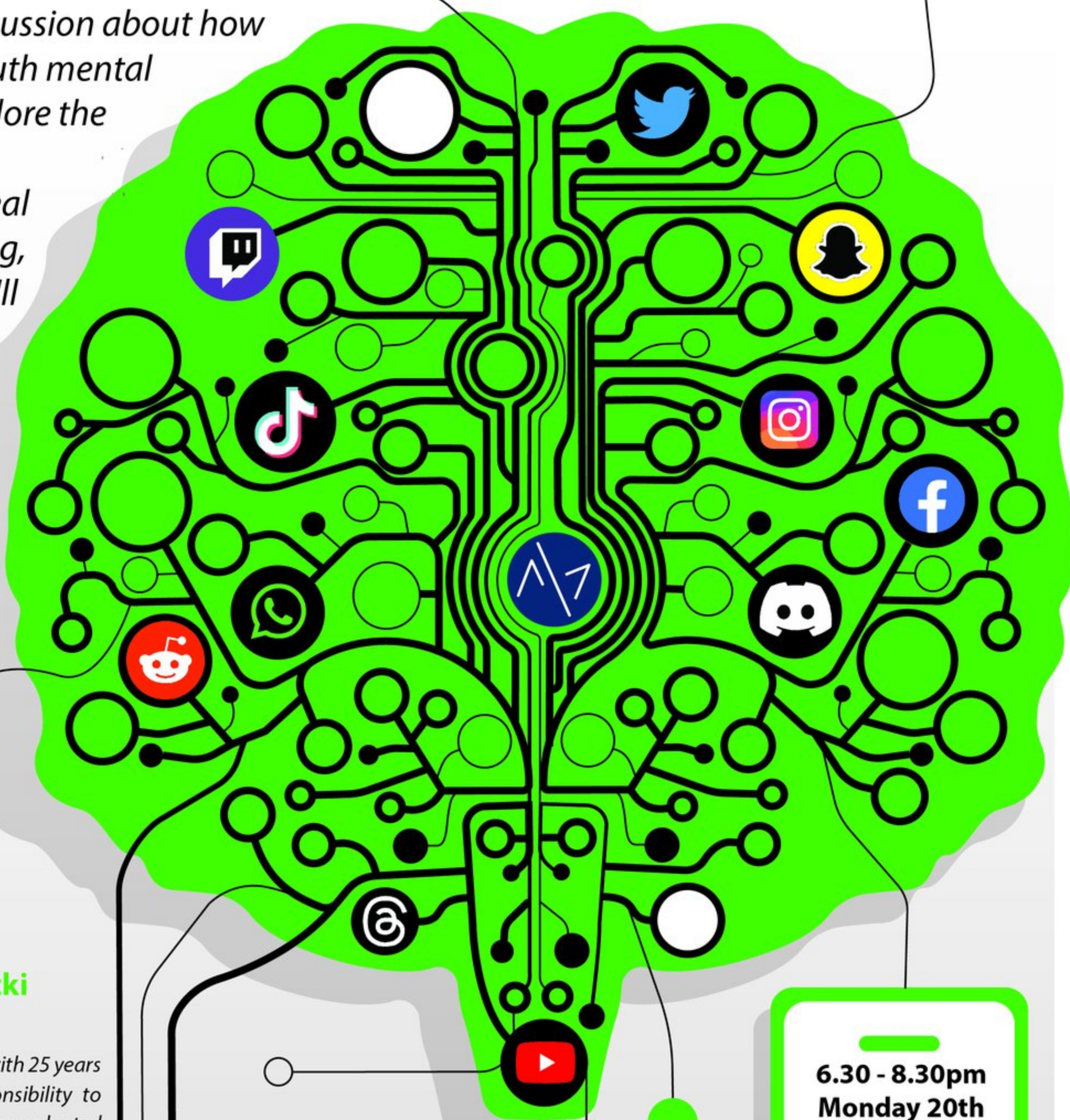
Speaker:

Dr Jaroslaw (Jarek) Hryniewicki
Along with a supporting panel

As a father and child/adolescent psychiatrist with 25 years of experience, Jarek feels a profound responsibility to assist young people in navigating the unprecedented uncertainties they face today. Generations Z (12-24) and Alpha (0-12) are confronted with social upheaval, geopolitical instability, and rapid digital transformation - challenges that traditional clinical approaches often struggle to address.

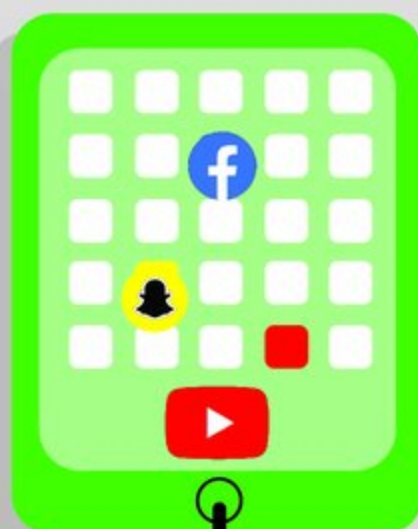
As the Founder and Director of Voix, he is dedicated to creating clinical services that genuinely meet young people where they are. His goal is to provide meaningful access to mental health support while fostering emotional resilience. Jarek prioritises building rapport and creating meaningful connections over standardised treatments, moving away from the commodification of psychiatry.

Jarek is the Chair of the WA Faculty of Child and Adolescent Psychiatry. He has been involved with a number of digital health initiatives designed to enhance systems of mental health care.



Audience:

**Parents (or parent like figures),
youth and interested
community members.**



Light food provided.
Drinks available
for purchase.

**6.30 - 8.30pm
Monday 20th
October**

**Shelter
BREWING**
11 Foreshore
Parade,
Busselton



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Event partners:

Shelter  

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