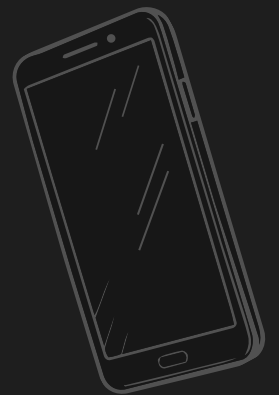


# “UNDERSTANDING DOPAMINE: EXPLORING PROBLEMATIC SCREEN USE IN A DOPAMINE SATURATED SOCIETY”



**MATTY  
DEVENISH**

**MAY 13  
6-8:30 PM  
CEDAR GROVE ELEMENTARY**

**OPEN TO THE PUBLIC**  
KINDLY RSVP VIA EMAIL TO [SSILANO@SD46.BC.CA](mailto:ssilano@sd46.bc.ca)

[MATTY@MATTYDEVENISHTHERAPY.COM](mailto:MATTY@MATTYDEVENISHTHERAPY.COM)  
[VANCOUVERCOUNSELLINGANDWELLNESS.CA](http://VANCOUVERCOUNSELLINGANDWELLNESS.CA)

# A LITTLE BIT ABOUT MATTY...

After almost **20 years of working in substance use, addictions, and family counselling**, Matty has worked with countless families who are struggling with screen overuse and addiction. Help is often sought out during the most challenging adolescent years. Many families have reported difficulties navigating power struggles, high levels of conflict, mental health concerns, mood swings, and general concern for the young people in their lives.

Matty's workshop explores the pervasive role of technology in our lives and its impact on young people, focusing on **how screen overuse and addiction can negatively affect our social and community involvement**. This workshop offers **practical strategies for creating healthier relationships with technology by exploring:**

- the influence of technology on the child/adolescent brain & mental health
- unpacking common family struggles
- the science of addiction and dopamine
- how to build family screen plans starting in early childhood
- how to change current screen usage and create healthy plans in adolescence

As a counsellor deeply invested in the well-being of our youth, Matty understands the challenges that come with managing screen time. We encourage educators, parents, and those who support youth to reach out and consider this offering to support the health and well-being of students and families in our community.

**THIS EVENT HAS BEEN MINDFULLY ORGANIZED AND FUNDED BY CEDAR GROVE ELEMENTARY SCHOOL AND CEDAR GROVE PAC! COME BE IN COMMUNITY WITH US AND TAKE ADVANTAGE OF THIS FREE PUBLIC RESOURCE :) ALL ARE WELCOME!**