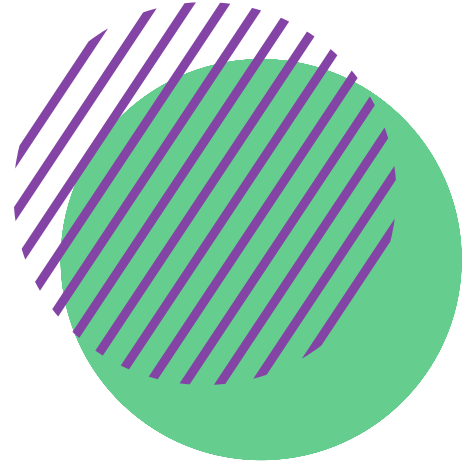


Space Is Limited

Registration Online:

<https://www.surveymonkey.com/r/D578JSD>



**When: March 26th
5:30- 7 pm**

Where: Online - ZOOM

INTERNET SAFETY & HEALTHY RELATIONSHIPS TRAINING FOR CAREGIVERS

My Life My Choice (MLMC) will provide this comprehensive session designed to equip caregivers with the knowledge and skills necessary to navigate the digital landscape safely and foster positive relationships with youth. This training covers essential topics such as online privacy, identifying and addressing online predators, promoting digital literacy, and fostering open communication about online experiences.

Through this training, caregivers will:

- Gain confidence in guiding youth toward responsible internet usage and nurturing strong, respectful relationships in the digital age;
- Learn strategies for effectively monitoring and managing youth's online activities;
- Gain skills for fostering open communication with youth about their online experiences and concerns;
- Recognize signs of unhealthy behaviors in online relationships and provide appropriate support and intervention; and
- Build a network of support and learn more about available resources.