



MASSACHUSETTS INTERSCHOLASTIC  
ATHLETIC ASSOCIATION



**A FREE LIVE VIRTUAL workshop for Student Leaders and School Personnel**

## Teens and Tech: The Connection to Mental Health, Anxiety, and Unhealthy Coping Skills



**Wednesday, March 9, 2022**

**Time:** 9:00-10:30am

**Fee:** This webinar is free of charge

**REGISTER NOW – SPACE LIMITED**

**Featured Presenters:**

**Jon Mattleman**

*Minding Your Mind, New England Clinical Director*

**Morgan H.**

*Minding Your Mind, Young Adult Speaker*

Technology has become more and more important for teens and tweens over the last year, but not just for learning. What allows youth to remain connected and informed can also increase feelings of anxiety and depression and lead to using negative coping skills and substance use. Join presenter Jon Mattleman and youth speaker Morgan H. for a presentation about these connections and how to support a culture of wellness related to technology usage.

*A workshop offered under the Wellness Pillar of the MIAA Educational Athletics Curriculum*

**WELLNESS**

**REGISTER ONLINE**

**1.5 PD Hours**    **contact:** [cbohmiller@miaa.net](mailto:cbohmiller@miaa.net)

**EDUCATIONAL ATHLETICS**



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