

Save the Date . . .

The negative effects of excessive gaming, social media and technology use are well documented, but one group is especially at risk—teenagers. Addiction is a real danger as adolescent brains are most susceptible to the chemical overload that comes with continued screen overuse.

Video game **addiction** is real. A **tsunami** is coming that health professionals are not prepared for.

13% of teenagers report symptoms of a problem.

There are **9 warning signs** you need to watch out for.

Colleges are now offering **scholarships for gamers**.

*Whether you are a **gamer, parent, teacher or health professional**, you cannot afford to miss Cam Adair's upcoming presentations.*

January 22, 2019 – Evening presentation for parents & teachers

How Gaming and Social Media Are Designed to Keep Teenagers Hooked

With almost all teenagers playing video games regularly, it is critical to ensure they have a healthy and productive relationship with gaming, social media and technology.

Time: 7pm—9pm Location: The University of Calgary

January 23, 2019 – Workshop for professionals who work with teens and young adults with autism

Video Game Addiction Masterclass

Cam Adair shares his personal journey of overcoming his addiction to the gaming world. He also takes an evidence-based approach to help you identify those at-risk, how to communicate effectively with young people, and what the practical strategies are to help them succeed in recovery.

Time: 10am—4pm (lunch included) Location: The Ability Hub

Registration opens November 26th

www.sinneavefoundation.org

CAM *A* ADAIR



**CAM ADAIR
IS A LEADING
EXPERT AND
PIONEER ON
VIDEO GAME
ADDICTION**

A talented hockey player, Cam's life took a dramatic turn at the age of 13 when he began to suffer from intense bullying, leading him to drop out of high school. Depressed, he played video games up to 16 hours a day until one fateful night when he wrote a suicide note.

Scared for his life he was inspired to make a change.

Now as a motivational speaker he travels around the world sharing his message on how we use the power of our habits for more growth, connection, and purpose, including strategies to thrive in a world dominated by technology.

**Named one of Canada's Top 150 Leaders in
Mental Health.**