

**YOUTH SERVICES COMMISSION  
COMMUNITY CONNECTIONS WORKSHOP**

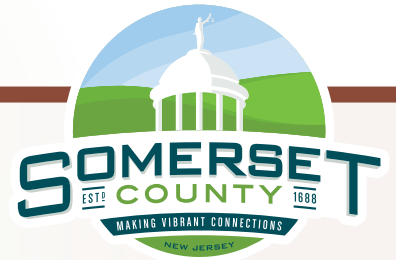
Somerset County Office of Youth Services and Tri-County Care Management Organization

# Connected: Navigating Social Media and Youth Well-Being – Viewing and discussion of the documentary, “Like”



PRESENTER

**KEVIN DYCHES**



*Kevin will facilitate a dynamic, interactive discussion on the documentary “LIKE” which explores impact of social media and technology on the adolescent brain. Social media is a huge part of society which has benefits as well as drawbacks. Our workshop will discuss how virtual connections are now an integral part of children’s daily lives, and how do we engage, inform, educate, and inspire them to self-regulate enabling a more balanced and fulfilled life.*

*Attendees will earn 2 professional development hours.*

## **IN PERSON**

**NO COST TO ATTEND**

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27 Warren Street  
Somerville, NJ 08876

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For more information, contact  
Gerry Montague at  
[gmontague@co.somerset.nj.us](mailto:gmontague@co.somerset.nj.us)



**THURSDAY | MAY 29, 2025**  
**10:00 A.M.–12:00 P.M. (2 HOURS)**

“LIKE” is a film that explores the impact of social media on our lives and the effects of technology on the brain and learning. Social media is a huge part of society that has benefits as well as drawbacks, and we should take the time to discuss the topic. Understanding that virtual connection is now an integral part of our daily lives, how do we use it to best inform, educate, and inspire ourselves to self-regulate, so we can enjoy a more balanced and fulfilled life?

*General. Open to anyone who support youth, students or families.*