

COPACS



The Confederation of Parents' Advisory Councils of Saanich

Presents the first in a series of live online parent and caregiver education sessions by:



7:00 - 8:45 pm Thursday, March 30th

Gaming Concerns, Balance, Addiction & Opportunities

This session will help families create healthy gameplay boundaries based upon credible peer-reviewed research, stories, and first-hand examples of the positives and negatives of online gaming. We will also examine the research surrounding the debate of gaming addiction.

All parents, guardians and caregivers of children in SD63 schools are welcome!

[Register here to receive link and passcode.](#)

A recording will be made available for a limited time after the live presentation (register for more information).

Mark your calendar for other upcoming sessions:

Online; 7:00pm Tuesday, April 4th

Digital Literacy and Internet Safety for Parents and Caregivers

Online; 7:00pm Tuesday, May 9th

Sharenting

Online; 7:00pm Thursday, May 25th

Technology, Sleep, and Children

Online; 7:00pm Wednesday, June 7th

Monitoring, Filtering, and Tools for Parents & Caregivers

About COPACS

The [Confederation of Parent Advisory Councils of Saanich](#) (COPACS) connects all the school Parent Advisory Councils (PACs) in the Saanich School District (SD 63). This speaker series has been brought together by the Parent/Guardian Resource Committee which is formed by parent/guardian volunteers and reports to COPACS. Questions & Comments? Contact: copacssd63@gmail.com