WESTBURY CHRISTIAN
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VIRTUAL

LUNCH & LEARN



Social Media, Peer Pressure, and Mental Health

Navigating Friendship, Social Media, and Pressures Middle Schoolers Experience

Friday,
November 6, 2026
12:00 – 12:45 PM

Virtual
Presentation

Grab your lunch
and join us!



PRESENTED BY

Daymar Blanco, M.Ed., LPC
Licensed Professional Counselor
Reyes Collaborative Counseling

zoom

WHAT PARENTS WILL LEARN:

- Understanding how social media influences middle school students
- Recognizing potential risks and challenges
- Setting healthy digital boundaries
- Helping children navigate social media safely and responsibly
- Encouraging open communication between parents and children

Join us for an informative conversation designed to equip parents with practical strategies for guiding their middle schoolers through today's digital world.