



EAST TENNESSEE ZONE CHRISTIAN LIFE SPRING RETREAT



Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.
Isaiah 41: 10

East TN Zone Christian Life Spring Retreat, April 6, 2024

9:00 am – 3:30 pm

Grace Lutheran Church, 9076 Middlebrook Pike, Knoxville TN 37923

Don't be afraid for I am with You (Isaiah 41:10)

Our topic will be about social media's impact on our youth which can be both positive and negative. While social media may offer some benefits, there are ample indicators that social media can also pose a risk of harm to the mental health and well-being of children and adolescents. Social media use by young people is nearly universal, with up to 95% of young people ages 13-17 reporting using a social media platform and more than a third saying they use social media "almost constantly."

There is also growing evidence for the relation between social media use and suicidal behaviors. Research from the US suggests that an increase in suicidal behaviors among adolescents may be partly attributed to an increase in new media screen time.

Presenters: Grace Lutheran Church's DCE Intern, Christina Childers and Emily Hager, PhD, East Regional Director, TN Suicide Prevention Network & Survivors of Suicide Loss.

Included with our guest speakers will be a Bible study, Collection for LOSS (Local Outreach to Suicide Survivors), Singing, Fellowship and Box Lunch with Free-Will offering (please note if Gluten Free).

- **RSVP by March 22th** to Susan Heitner at heitnersc@icloud.com or 513-316-9531
- Contact Susan **before March 22th** if childcare needs to be arranged.
- Gifts from the Heart Collection will be for LOSS (Local Outreach to Suicide Survivors): Items such as pocket crosses; pocket hugs, hearts and tokens; small stuffed animals; prayer shawls etc. that can be given to survivors when the TN Suicide Prevention Network & Survivor Support counselors meet with them.