

FAMILY DIGITAL WELLNESS: WHAT IS OUR NEXT NORMAL?

A PARENT RESOURCE CENTER WEBINAR

Friday, October 1, 2021
10-11:30 a.m.

Do you know a child, teen, or young adult in your life who is struggling with their media use? The Clinic for Interactive Media and Internet Disorders (CIMAID) is here to help!



Webinar Highlights

Ages and Stages

HOW MEDIA AND TECHNOLOGY AFFECTS YOUR CHILD AT EACH STAGE OF THEIR DEVELOPMENT

Types of Media and Technology

DIFFERENT TYPES OF DEVICES, APPS, AND PLATFORMS USED BY CHILDREN AND FAMILIES

Health Effects

HOW YOUR CHILD'S MEDIA USE AFFECTS THEIR WELLBEING AND DEVELOPMENT

The CIMAID team can help you address and reduce the negative consequences of Problematic Interactive Media Use (PIMU), while helping the children, adolescents, and young adults in your life adopt and sustain healthy lifestyles and behaviors.

Join Kristelle Lavalée Collins, MA, Senior Content Strategist from The Digital Wellness Lab.



Register online: <https://bit.ly/3fvHwFa>

