

Join us for this eye-opening evening for all district parents, grades K-12....

# Digitally Distracted



## *Parenting In the Age of Technology*

A parent discussion with renowned family therapist, Tom Kersting

**THURSDAY, OCTOBER 8, 2015**

**@ 7:00 PM**

**Tenaflly Middle School Auditorium**

**Parents will have the opportunity to discuss:**

- The connection between technology use and mental health
- How much screen time is too much
- Strategies to help your child reduce anxiety
- How much sleep is acceptable for your overscheduled child
- Creating leaders not followers
- Your role as a parent



Psychotherapist and school counselor, Tom Kersting, is a nationally renowned authority in the field of mental health, parenting and wellness. He is the founder and owner of Valley Family Counseling LLC in Ridgewood, NJ and has 20 years of experience as a private practice therapist and school counselor, 11 years as a parent.

*“Tom explores both the positive and adverse impact of the digital revolution on our kids. Tom provides parents with the tools they need to foster a healthy media environment for their children, and for themselves.”*

***Special thanks to Tenaflly CAP (Chemical and Alcohol Prevention) for funding this program!***