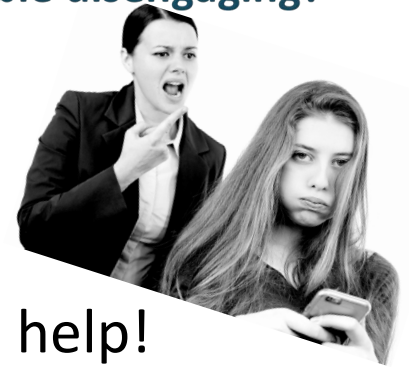


**Worried about the impact of technology on your family?
Frustrated with how much time your kids spend on digital devices?
Find yourself losing it when your kids have trouble disengaging?**



You are not alone, and we can help!

Plug-in to Your Kids:

How to stay Calm, Curious and Connected in the Digital Age

A three-session parenting workshop lead by
Susan Bauerfeld, PhD, Licensed Clinical Psychologist and
Chris Parrott, BPS Chartered Counseling Psychologist



Friday mornings

April 17, 24 & May 1

10-11:30 am - 2 Hollyhock Road, Wilton, CT

OR

Thursday evenings

April 16, 23 & 30

7:30-8:45 pm (with discussion until 9) – via teleconference

\$150 per person (\$225/couple) includes three sessions and all materials

To register visit susanbauerfeld.com, call Susan at 203 216 3751

or email susan@susanbauerfeld.com

The workshop will cover the following:

- iUse – an easy to remember summary of relevant info about the nature of devices and their impact
- The 5Rs – key elements of effective parenting in the Digital World
- Tips about how and why to manage fear, worry and other emotions that arise when using devices
- Education and instruction about teaching the skills needed for balanced, independent device use
- Practical, specific strategies for implementing the concepts covered

Go Boldly. Be Curious. Stay Connected.