

Lane Cove Council and headspace Chatswood present

# Screens, Teens & Youth-

WITH

Dr Kristy  
GOODWIN

Dr Kristy Goodwin, a digital wellness researcher, parenting educator and author helps parents and professionals raise thriving teens and young adults in a digital world. She equips worried parents with critical information about:

- the positive potential of technology and practical strategies for navigating the online world (that *don't* involve phone bans);
- how to prevent screens from adversely impacting teens' sleep, physical, social & emotional health;
- current cyber-safety risks, pornography, online gaming, social media and addiction concerns; and
- what parents can do to help their teen develop healthy technology habits.

## PARENT SEMINAR DETAILS

DATE Wednesday 13th June 2018

TIME 7-9pm (refreshments provided from 6:30pm)

SUITABLE FOR Parents of 12-25 year olds

LOCATION Park View Room, Lane Cove Hub, Ground Floor,  
1 Pottery Lane Lane Cove (parking underneath, enter from Little Street)

TICKETS \$10 via [bit.ly/kristygoodwin](http://bit.ly/kristygoodwin)

Light refreshments included

