

Managing Screentime Seminar

A FREE lunchtime supported Seminar for parents of children aged 4-12 years old living in in the Cities of Yarra, Darebin, Nillumbik, Whittlesea and Banyule.

This seminar is for parents that are concerned about their child's screentime that would like to learn strategies they can put in place to support the wellbeing of their child and family. The topics covered in this seminar include:

- The positives of screentime
- Screentime problems
- How much screentime?
- Parenting strategies
- Building healthy habits
- Resources and support- where to from here?



18th September 2024
12:00-1:30pm
Via Zoom

All attendees will receive an extra resource pack and the option of additional support following the session.

How to book:

To enquire, contact Georgia with your *full name* and *best contact number* by:

- Emailing us at triplep@berrystreet.org.au with your full name and contact number, or
- Calling or sending a message on 0499 301 006.

We ask that enquiries for enrolment be made by 5:00pm on 11th September 2024. Due to limited spaces, we encourage parents to enquire ASAP to avoid disappointment.

**BERRY
STREET**

Believing In
Children,
Young People,
Families &
Their Future.

