



FREE! Family Night!



Parents and Teens Gr. 5 - 8

Thu., MARCH 8 at 7pm
Digitally Distracted

at the Wyckoff Family YMCA

Presented by Tom Kersting

Licensed Psychotherapist, Family Counselor, Author, Educator

Kids today spend 9 HOURS PER DAY, 7 DAYS A WEEK

plugged-in to electronic devices. The result is a malleable brain that re-wires itself to adjust to the cyber-world and un-adjust to the real world.

Parents and Children Join Us to Discuss:

- The connection between social media and mental health
- How much screen time is too much
- Strategies to help your child reduce anxiety
- and so much MORE!

Register Online at www.wyckoffymca.org
RSVP Required.

