



PARENTING IN THE AGE OF TECHNOLOGY

When: Tuesday, April 1, 6:00 - 8:00pm

**Where: Healdsburg High School (Library)
1024 Prince Street, Healdsburg**

This meeting will also be available on Zoom with Spanish translation.

This class will explore recommendations for managing screen time and raising healthy children in the age of social media. We will examine the impacts screens have on our parenting relationships.

Additionally, we will discuss children's usage of different social platforms, usage trends, and how parents can help mitigate the effects on their child's mental health. Parents will also learn how to avoid falling into screen-related traps in this class.

To register:

www.calparents.org/technology