



Tech Transitions

Helping Kids Manage Screen Time

Tuesday, October 11, 12pm-1pm
VIA ZOOM

Just about every parent will tell you the technology battles are intense. Kids are on screens constantly, and getting them to take a break is no small task. Join us and learn what's really going on with our kids from a developmental perspective. We'll also practice exercises to help children turn off tech and develop better emotional regulation and communication skills in the process.



Featured Speaker:

Kevin Lanham

Licensed Clinical Professional Counselor
Skylight Counseling Center

CATCH Lunch and Learns are supported by a generous grant from the Northbrook Woman's Club.

REGISTER