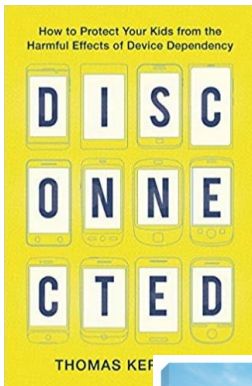
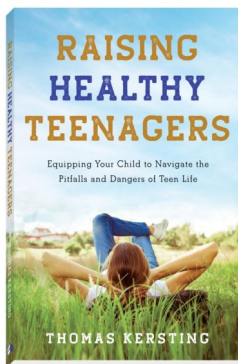


# Mental Health, Screen Time, Faith & Family— *Walking with Christ When the World Most Needs Him*

Thursday, February 29th @ 7:00pm



Kids spend more than eight hours per day, seven days a week on electronic devices. The result is a malleable brain that is rewired to assimilate to a cyber-world - not the real world. The byproduct is chronic anxiety, attention deficit, depression, poor social skills, academic failure, and family relationship problems. This lecture is an eye-opener and will include tips to help live in the real world and less in the cyber world.



This program will provide training and education in:

- Technology use and mental health
- How much screen time is too much?
- Strategies to help your child reduce anxiety
- How much sleep is acceptable for your child?
- Creating leaders, not followers
- Your role as a parent

St Mary Parish Hall  
183 High Ridge Ave  
Ridgefield CT



## MEET TOM KERSTING

Tom Kersting is a nationally renowned psychotherapist and author. He has traveled the country speaking in schools, churches and in corporate settings delivering this important message. He has been on hundreds of television programs such as Today Show, Good Morning America and many more. Tom is a practicing Catholic able to articulate the importance of faith in a media-saturated world and will share all the latest research, studies, and facts about the dangers of device over-use.

*Hosted by the Office for Youth & Families...*

*Funded by a grant from Foundations in Faith...*

*All parishoners are invited and will be warmly welcomed!*

