



FREE

For parents of students of all ages!  
Middle & high school students also welcome

Mindful Tech:  
Nurturing Mental Health in the Age of Smartphones



- Tue. Oct. 3 #1 How Much Use of Technology is Too Much?
- Tue. Oct. 10 #2 Social Media: How Do We Judge Ourselves & Our Relationships?
- Tue. Oct. 17 #3 External Validation: How Do These Apps Change Our Behaviors?
- Thur. Nov. 2 #4 Taking Back Control: What Power Do We Have Over Devices?
- Tue. Nov. 14 #5 Coexisting With Technology: Using Devices in Healthy & Safe Ways
- Tue. Nov. 28 #6 Shared Responsibility: How Can We All Work Towards Balance?

Join us for one or all!  
Round table discussion modules facilitated by mental health professionals.

7:00 - 8:00 PM  
Park Books Place: The Community Space  
555 B&A Blvd Severna Park

register for free:  
[www.eventbrite.com](http://www.eventbrite.com) key search words "LIKE" "socialmedia"



[www.PDWorld.org](http://www.PDWorld.org)

