

Simcoe Muskoka Catholic District School Board *Presents*

Pine River Institute's Centre for Family Initiatives Mental Health Webinars

Join us for two free webinars presented by the Centre for Family Initiatives Director Amanda Lamb.

Understanding and Managing Screen Time

Are they addicted? Why is it so hard for kids to put down devices? What do parents/guardians need to know about the digital world and how it affects their child's development. Positive strategies to build connection with your kids through tech.

April 21st, 2022 from 7:00p.m. to 8:00p.m.



Understanding Addiction and Addictive Behaviours

Looking at why kids can get stuck and how addictive behaviours may develop. Seeing the "function" behind the addiction, and how parents/guardians can support recovery without shame and guilt.

May 12th, 2022 from 7:00p.m. to 8:00p.m.



Register here!

