

CONTINUE THE DISCUSSION

# SCREEN DEPENDENCE & DIGITAL HEALTH

WHEN IS USE OF DIGITAL MEDIA A PROBLEM  
AND HOW DOES IT IMPACT YOUR TEEN?

**DR. CRANE WILL ADDRESS:**

- HOW SCREEN USE IMPACTS BRAIN DEVELOPMENT
- STRATEGIES TO HELP TEENS LIMIT USE AND FIND BALANCE IN THEIR LIVES
- WAYS TO AVOID POWER STRUGGLES AROUND SCREEN USE

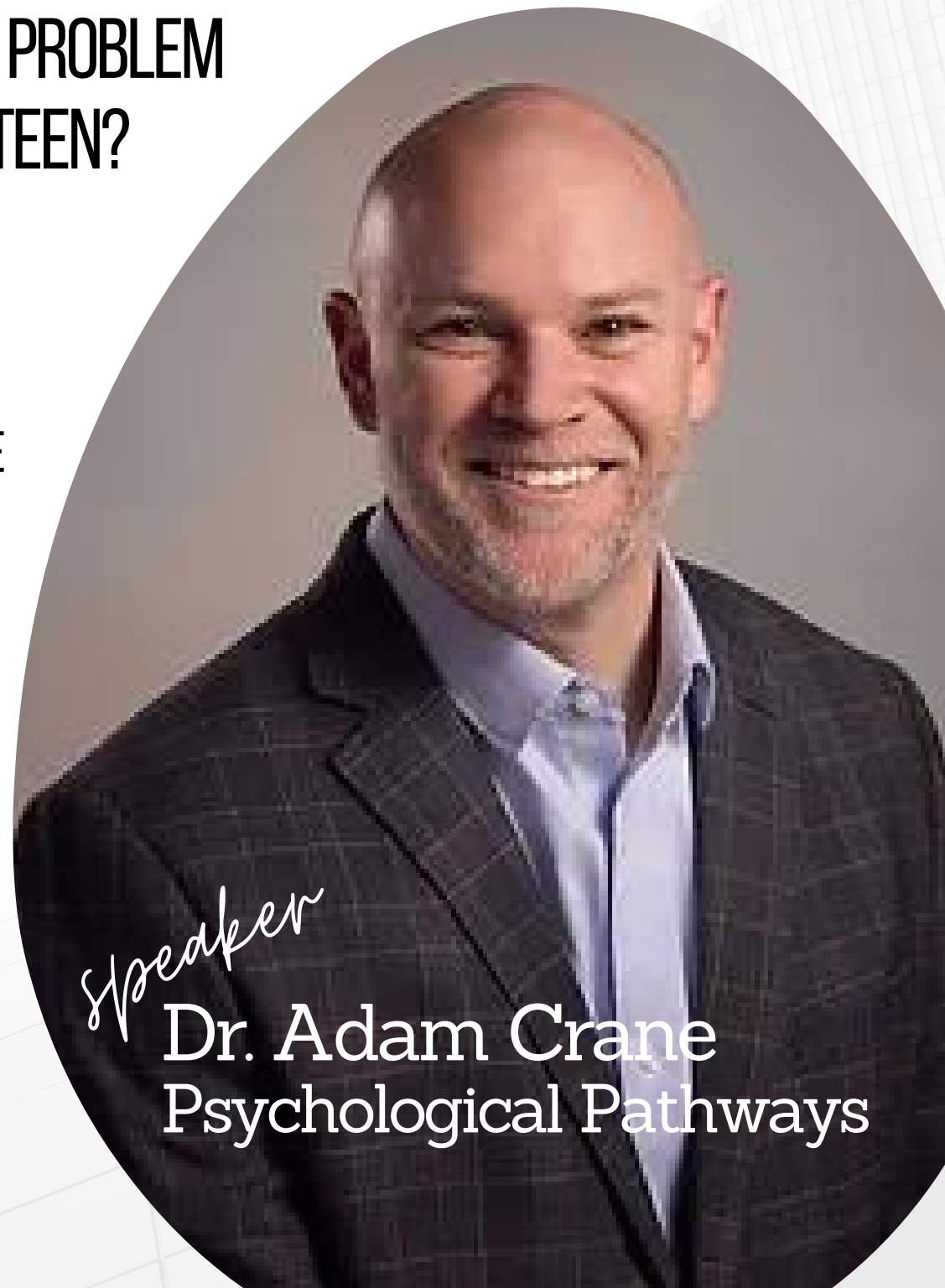


October 26, 2023  
6pm to 7pm



Join the virtual discussion:

<https://zoom.us/j/93970729005>



*Speaker*

Dr. Adam Crane  
Psychological Pathways