

**EUGENE - NOVEMBER 5, 2018** Noon to 4 p.m.

# PARENTING IN THE DIGITAL AGE

*Helping America Disconnect from Devices...  
to Reconnect Families.*

**REGISTER NOW!** Seating limited

**Presented by:**

**TOM KERSTING, MA, LPC**

Our Children are Spending 56 Hours on Screens Per Week! The research is clear. Our children are spending more hours than a typical full-time work week on some sort of technology. While technology does have benefits, there are dangers to overusing it, particularly what it does to our brains' neuropathways, our social skills, our thought processes...but in this day and age, it's become increasingly more difficult to lessen the time our families spend on devices.

Author, School Counselor, and Therapist Tom Kersting has seen it all, and has been researching this subject for almost a decade. He knows the effects (good and bad), the struggles, the dangers, the answers to balancing device time, and sharing his findings with us.



## What You Will Learn:

### **TECHNOLOGY'S IMPACT ON KID'S BRAINS**

Goals and objectives include an understanding of the following

- "Acquired" ADHD
- "Acquired" Anxiety Disorder
- Neuroplasticity and neural-pruning
- Social media self-esteem and FOMO
- The multitasked brain

### **SOCIAL, EMOTIONAL AND FAMILY GROWTH**

Goals and objectives are for professionals to understand the correlation between incessant screen-time and how it impacts mental health, emotional health and family well-being

### **WHAT TO DO: TIPS, TECHNIQUES AND SOLUTIONS**

The goals and objectives are for professionals to learn strategies to help clients struggling with tech addiction

## DETAILS

### **DATE:**

Monday, Nov. 5, 2018  
Noon - 4:00 p.m.

### **TRAINING LOCATION:**

**Downtown Athletic Club**  
999 Willamette Street  
Eugene, OR 97401

### **CREDITS:**

4 CEUs (pending NASW approval)

### **FEE:**

\$68 Early Bird  
(deadline Oct. 5, 2018)

\$88 Standard

(from Oct. 6 - Nov. 5, 2018)

### **CONTACT:**

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### **REGISTRATION:**

Register online at  
[OregonCommunityPrograms.org](http://OregonCommunityPrograms.org)

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