

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

EMPOWERING THE PARENT

MANAGING TECHNOLOGY USE

NEURODIVERGENT-AFFIRMING

In this 2 hour workshop led by Samantha Davidson (RP) and Shanel Quenneville (RP Qualifying), parents will gain skills for helping their kids build healthier relationships with technology, and managing challenging behaviors that arise from technology use. Participants will learn about the risks and signs of technology addiction, as well tools for setting boundaries, building opportunities for family connection, and parental control/monitoring.

WHO

PARENTS OF KIDS AND TEENS
AGES 7-16

WHEN

SATURDAY, APRIL 6TH,
1PM-3PM

WHERE

111 SHERWOOD DRIVE,
OTTAWA

COST

\$150 BY E-TRANSFER OR
CREDIT CARD

SIGN UP

SPOTS ARE LIMITED
ADMIN@DRJULIARYAN.CA

