

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

TECH: The dreaded 4 letter word

MANAGING CHALLENGING BEHAVIOURS RELATED TO TECHNOLOGY USE

NEURODIVERGENT-AFFIRMING

In this 2 hour workshop led by Samantha Davidson (RP) and Shanel Quenneville (RP Qualifying), parents will learn about the risks and signs of technology addiction, and practical 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

