

## *Mind over media*

### *Mindfulness and Parenting in a Digital Age*

In this interactive, one-day workshop participants will explore the impact that technology and social media have on families and youth. Through group discussion, experiential exercises and practical applications there will be an opportunity to learn how to respond to the new dilemmas that new media bring into our lives.

Participants will:

- Identify risk and protective factors for Internet addiction
- Explore the research linking the overuse of electronic media and psychiatric symptoms
- Learn strategies for tracking screen time and negotiating healthy limits
- Review different attachment styles and their connection to media dependency

Friday May 9, 2014

9:30 am – 4:30 pm

Facilitator: Larry Borins MSW RSW

Fee: \$290.

Location: The Centre for Mindfulness Studies

To register, please visit our website at [www.mindfulnessstudies.com](http://www.mindfulnessstudies.com).