



North Sanpete School District Families

join in our mental health series

Social Media: Protecting Your Child by Staying Aware & Involved

Protecting children from technology that moves so fast is very difficult to manage. Oftentimes, the way parents react can make the issues worse.

Course Created by:

Dr. Kevin Skinner, LMFT, CSAT, EDMR

This session covers the following:

- Learn the parenting pitfalls
- Practical solutions to effectively manage technology use
- Educate about the truths of Our Devices
- Device Awareness
- Avoid being blindsided
- Expecting Challenges
- Disciplined Parenting



March 27, 2024

**6:00–7:00 PM
via Zoom**

Register Here

**[https://cookcenter.info/
Mar27CUES](https://cookcenter.info/Mar27CUES)**

