



s c r e e n **STRONG**

Reclaiming Kids. Reconnecting Families.

**Are you losing your kids
to addictive screens?**

We can help.

Kids' Brains & Screens: Preventing Digital Addictions

When should my child have a smartphone & social media? How do I win the *Fortnite* war? What is the real way to prevent screen addictions in kids and teens?

We have real solutions for real families!

- II Learn the current brain science behind screen use.
- II Learn signs and symptoms of overuse.
- II Get solutions for prevention, reclaiming your kids, and reconnecting your family in a digital world.

October 11, 2019

FRIDAY, 9:30am-11:30am

CHUH Public Library, Brody-Nelson Room | 2345 Lee Rd. | Cleveland Heights, OH 44118

FOR MORE INFORMATION contact Patricia Gefert: pgefert@hotmail.com OR 440-759-4198

REGISTRATION:

[CHUHPublicLibraryOct11.eventbrite.com](https://www.eventbrite.com/e/chuh-public-library-oct11-2019-tickets-58259143123)

ABOUT THE SPEAKER



Patricia Gefert

M.A.Ed., BS in Psychology,
BA in Child Development

Throughout her teaching career, Patricia Gefert noticed how excessive screen use impacted her students' abilities to maintain focus, self-regulate behavior, and manage social interactions. Patricia shares information about the impact of screen use on children's cognitive, emotional, social, and physical well-being. She offers healthier alternatives that help children build relationships with their families, their friends, and the real world.

ScreenStrong™ is an initiative of Families Managing Media which is a 501(c)3 organization.