



# Digitally Distracted:

## PROGRAM DETAILS

### Digitally Distracted: Parenting in the Age of Technology

#### DATE/TIME

Thursday, January 27th at  
7:00PM

#### VIRTUAL PRESENTATION

Livestreamed on Zoom as a  
non-interactive broadcast.  
Audience members can submit  
questions via the Q&A feature.  
Zoom Link: [https://lhric-  
org.zoom.us/j/95793618773](https://lhric-org.zoom.us/j/95793618773)

#### PRESENTED BY

Psychotherapist & School  
Counselor Tom Kersting

#### AUDIENCE

All parents, high school  
students and middle school  
students are welcome to join  
this stimulating free online  
presentation.

## Parenting in the Age of Technology

Kids spend more than eight hours per day, seven days a week on electronic devices. The result is a malleable brain that is rewired to assimilate to a cyber-world - not the real world. The byproduct is chronic anxiety, attention deficit, depression, poor social skills, academic failure, and family relationship problems. This lecture is an eye-opener and will include tips to help live in the real world and less in the cyber world.

#### This program will provide training and education in:

- Technology use and mental health
- How much screen time is too much?
- Strategies to help your child reduce anxiety
- How much sleep is acceptable for your child?
- Creating leaders, not followers
- Your role as a parent



*Psychotherapist and school counselor, Tom Kersting, is a nationally renowned authority in mental health, parenting and wellness and author of the book, **Disconnected - How to Reconnect Our Digitally Distracted Kids**. He is the founder/owner of Valley Family Counseling in Ridgewood, NJ and has 20 years of experience as a private practice therapist and school counselor, and 11 years as a parent. Tom is the co-host of two former A&E Network television series, **Surviving Marriage** and **Monster-in-Laws** and has made over 100 television appearances, including regular appearances on popular talk shows. He is a regular contributor to Fox News and has hosted shows for Food Network, A&E, National Geographic Channel, and Oprah's Wellness Network.*

