

A book study of:

Parenting in the Screen Age

By Delaney Ruston, MD

HYBRID COURSE

Attend in person at our office at 719 N. Main St., Laconia, NH
OR Virtually via Zoom

Tuesdays, 6:30-8pm

**8-Week Series Begins
October 29, 2024**

Learn how to start--and sustain--productive
family talks about technology.

Topics include:

- Talking about screen time without making your child defensive
- Online social cruelty
- Sexting
- Mental Health
- Boundaries around video gaming and social media
- Screen time limits

To register go to:

www.lrcs.org/parentedregistration
or email tricia.tousignant@lrcs.org

For participants who attend in person, dinner will be served at 6pm
and on-site childcare may be available if reserved at the time of
registration, space is limited.



The Linden
Foundation

