



# GROWING UP IN THE DIGITAL AGE

Join us for an in depth look into the impact of screen time and access to smartphones for kids and learn how parents can help their children navigate the digital world



**March 19th, 2019**  
**6:30 to 8:00 pm**

- Representatives of the community parent group "Let's Talk About Smartphones" will discuss the impact of these devices on mental health, academic performance and young brains
- Social worker and certified Parent Coach Maria Sanders will advise on how to raise kids to have a healthy relationship with screens
- Fellow CHB parent and privacy expert Olga Garcia-Kaplan shares tips and strategies for maintaining online privacy

**Light refreshments will be provided; please RSVP  
if you require child care during the presentation**

<http://CHBDigitalAge.rsvpify.com>