



Pearl River School District

Digitally Distracted

Parenting in the Digital Age

Sponsored by Pearl River School District PTAs

Tuesday, November 19, 2019 at 7:00 PM
Pearl River Middle School Auditorium

Presented by:

Tom Kersting

Licensed Psychotherapist. Family Counselor. Author. Educator.

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 brand new 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 the A&E Network television series, **Surviving Marriage** and has made over 100 television appearances, including regular appearances on popular talk shows.*

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

No registration required. For additional information, call 620-3921