



Attention: **Union County Families**

*join our next Mental Health Series...*

## **Effects of Screen Time and Children's Mental Health**

**Course Created by:**

Dr. Kevin Skinner, LMFT, CSAT, EMDR

Is your child's screen time affecting their mental health?

Research shows a direct link between an increase in device usage and a spike in anxiety and depression.

**This session covers the following:**

- How to talk to your child about screen time & their mental health
- Four strategies to protect your child's mental health, includes setting boundaries & guidelines, and establishing replacement activities



**November 1, 2023**

**6:30–7:30 PM**

**via Zoom**

**Register Here**

<http://cookcenter.info/Nov1MHRB>



mental health &  
recovery board  
UNION COUNTY



**PROJECT  
AWARE**  
ADVANCING WELLNESS AND RESILIENCY IN EDUCATION