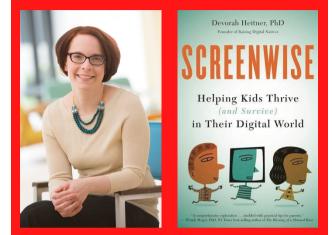


## How to Think about ScreenTime: Guiding kids to build constructive relationships with technology

Thursday February 10 7 pm PST Join Zoom Meeting Here

Meeting ID: 816 7960 6164 Passcode: 881993



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Over the course of this pandemic, we have all become one with our devices – we are online for school, work, exercise, catching up with friends and the list goes on.

How can we help our kids and ourselves find balance while building on the skills and opportunities that our digital connections have made possible during this challenging time? How should parents think about "screen time" for both recreational and learning tech use during this unusual time.

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