



# Teens and their Screens

A FREE online workshop for parents of children aged 12 - 18 yrs

## Would you like to:

- Learn how to help your teen better balance screen time and real life?
- Find strategies to help them switch off and re-engage in the world?
- Navigate online safety, rules, and consequences?

Join us at this free interactive workshop to develop strategies to help your teen develop healthier screen time habits.

## When:

Wednesday, December 1st, 2021

## Time:

7:00pm to 9:00pm

## Where:

Online via Zoom

**Cost:** Free of charge. Bookings Essential

**Bookings:** [click here](#)

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**PARENTZONE**