

Please join Holliston PTO, Holliston Public Schools, Holliston MindShare, Holliston SEPAC, and the Diverse Holliston Education Committee as we welcome:

Massachusetts Aggression Reduction Center (MARC)



SCREEN USE, ANXIETY, and SOCIAL CHALLENGES

For Parents and non-parents alike!

WHEN: Tuesday, May 10th, 2022 6:30 p.m. – 8:00 p.m.

WHERE: Zoom

<https://bridgew.zoom.us/j/97840259737?pwd=VXhTRFR3azRrbXAzNk8vWIZqT1Z1Zz09>

Parents, Guardians, Family, Friends – can you relate?

“Before the pandemic screen use, anxiety, and social problems (like bullying and fighting) were top concerns for parents / guardians / schools. During the past two years of the pandemic some of these issues have become more challenging”!

The MARC center will lead a research-based discussion and share how kids are doing emotionally and socially considering the pandemic and increased screen use.

Presentation will include:

- Summary of current research and *practical approaches to family life in support of a child's/student's emotional resilience, healthy social skills, and friendships.*
- Further discussion includes how to move forward to a healthier "new normal", *sensible screen and social media habit suggestions*, empowering parents, and guardians in guiding their children toward post-pandemic life; the hope being a full social and emotional recovery.

Resources for Parents/Guardians:

[Youth and Family Services | Town of Holliston MA](#)

[For Parents | massachusetts-agg \(marccenter.org\)](#)

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