



Tangipahoa Parish 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



April 9, 2024

**6:00–7:00 PM
via Zoom**



Register Here

<http://cookcenter.info/April9Tangipahoa>



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PARISH SCHOOL
SYSTEM
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