



# Upcoming 2025 Events

**Raising Healthy, Smart, Kind Kids in a  
Screen-Saturated World  
Presented by Dr. Rich**

**January 15, 2025  
7:00 PM via ZOOM**

As the founder of the Digital Wellness Lab and the Clinic for Interactive Media and Internet Disorders (CIMAID) at Boston Children's Hospital, and an Associate Professor of Pediatrics at Harvard Medical School, Dr. Rich, also known as the "Mediatrician," will share a science-backed approach to empower parents with the confidence to raise well-adjusted children in the digital age. His straightforward instructions and actionable advice help parents guide children towards making smart and healthy digital choices.

**CLICK TO REGISTER**

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Demand!**

**January 22nd at 1:00 PM via Zoom**

**Screenagers Next Chapter: Addressing Youth  
Mental Health in the Digital Age**

**CLICK TO JOIN**

The film delves into the challenges of today's screen-centric society, providing strategies to empower teens. It guides parents in navigating mental health obstacles, enhancing emotional agility, and building resilience against stress.

**Back By Popular  
Demand!**

**February 7th at 1:00 PM via Zoom**

**Screenagers: Under the Influence**

**CLICK TO JOIN**

This film examines the impact of our digital age on teens' decision-making concerning substances such as vaping, drugs, and alcohol and highlights the changing landscape of the substances themselves, offering solutions to empower teens as they face decisions about what they will and will not be influenced by.

**February 27th at 7:00 PM via Zoom**

**Author Led Book Discussion "The Mediatrician's Guide"  
Raising Healthy, Smart, Kind Kids in a Screen-Saturated World**

Join Dr. Rich for an interactive discussion where he will provide additional insight and answer questions.

**February 12th at 7:00 PM Grades K-7**

**March 5th at 7:00 PM Grades 8-12**

**Raising Empowered Athletes: A Youth Sports Parenting Guide for  
Raising Happy, Brave, Resilient Kids via Zoom**

Whether you are just dipping your toe into Little League or supporting the needs of a high schooler hoping to get into the college of their dreams, you are likely feeling the pressures that comes with parenting in an increasingly competitive youth environment. Kristen Jones, a former Division I athlete will provide down-to-earth guidance for navigating the difficult decisions and extraordinary pressures of youth sports.

**Additional Links to Follow!**

For additional information call:  
516-267-7548 or email:  
[casa.org@manhassetsschools.org](mailto:casa.org@manhassetsschools.org)