



# FEBRUARY EVENT REMINDER

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**FEBRUARY 7,  
1:00 PM VIA  
ZOOM**

[CLICK TO JOIN](#)

## Screenagers: Under the Influence

**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. THIS IS A MUST-SEE FOR PARENTS!**

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**FEBRUARY 12,  
7:00 PM VIA  
ZOOM FOR  
PARENTS  
WITH  
CHILDREN IN  
GRADES K-7\***

[CLICK TO JOIN](#)

## Raising Empowered Athletes-Scholars

**JOIN KIRSTEN JONES, A HALL OF FAME DIVISION 1 ATHLETE, MOTIVATIONAL SPEAKER, PEAK PERFORMANCE COACH, AND AUTHOR, AS SHE DELVES INTO THE CHALLENGING DECISIONS AND IMMENSE PRESSURES OF YOUTH SPORTS. KIRSTEN WILL OFFER ADVICE TO HELP PRIORITIZE RAISING WELL-ROUNDED INDIVIDUALS WHO HAPPEN TO BE ATHLETES. BE INSPIRED BY HER WISDOM ON NURTURING NOT JUST MENTALLY RESILIENT ATHLETES, BUT MORE IMPORTANTLY, EXCEPTIONAL HUMAN BEINGS.**

\*On March 5th at 7:00 PM, Kirsten will discuss topics applicable for parents with children in grades 8-12.

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**FEBRUARY 27,  
7:00 PM VIA  
ZOOM**

[CLICK TO JOIN](#)

## “The Mediatrix’s Guide”

## Raising Healthy, Smart, Kind Kids in a Screen-Saturated World

**JOIN AUTHOR, DR. RICH, FOUNDER OF THE DIGITAL WELLNESS LAB AND THE CLINIC FOR INTERACTIVE MEDIA AND INTERNET DISORDERS (CIMAID) AT BOSTON CHILDREN'S HOSPITAL FOR AN INTERACTIVE BOOK DISCUSSION WHERE HE WILL PROVIDE ADDITIONAL INSIGHT ON THE SCIENCE-BACKED APPROACH TO RAISE WELL-ADJUSTED CHILDREN IN THE DIGITAL AGE.**