

THE IMPACT OF SCREENS: RISKS AND SOLUTIONS FOR HEALTHY USE

EL IMPACTO DE LAS PANTALLAS: RIESGOS Y SOLUCIONES PARA UN USO SALUDABLE



Event Details

Where: Interactive Virtual Zoom Session

Speaker: Juan Jose Villar, DO

Date: Thursday, November 20th, 2025

Time: 6:00 PM – 7:00 PM

Session Focus:

Conversation Starters: Practical ways to discuss screen habits, their effects, and the role of technology in family life, without judgment or accusation.

Meaningful Dialogue: Strategies for moving beyond surface-level talks to deeply explore motivations behind screen use, discuss observed impacts, and collaboratively problem-solve for healthier engagement.

Fostering Connection: How to create a home environment and family culture that supports balanced screen integration.

To Register, please click the link or scan the QR code:
[Click here to register](#)



Questions? Please email:

SchoolMentalHealth@northwell.edu

Frequently Asked Questions:

Is registration required for this program?

Yes. Registration is required for this webinar. Please use the link or QR code to complete registration.

When will I receive the webinar information for this program?

The webinar information will be sent to you after you register. Please do not share this information with others.

Will this session be recorded?

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel [here](#).