

Being Mindful in a Mindless World

Mental Health May Webinar Series



Part 1: Tuesday, May 19, 7:00pm

Virtual Webinar

**Finding Safety and Connection in a Culture
of Dysregulation**

The session will also examine how technology, social media, and AI can contribute to disconnection, leaving many feeling more isolated despite constant digital engagement. We'll explore how dysregulation shows up in everyday life, how our culture and environments often reward it, and the impact this has on mental health across the lifespan.

Preregistration is required. To register,
[click here.](#)

Part 2: Tuesday, May 26, 7:00pm

Virtual Webinar

Strategies for Finding Calm in the Storm

Participants will learn how to create safer, more grounding environments and use simple mindfulness tools to support greater calm, resilience, and authentic connection. We'll also explore ways to reduce screen time, tolerate discomfort or boredom, and foster more meaningful relationships with ourselves and others in an increasingly distracted world.

Preregistration is required. To register,
[click here.](#)

Presented by:

Lewis Dlugasch, LCSW, Child Development Center
Sarah Newman, LSW, Hematology and Oncology
Sarah Shortridge, LCSW, Pediatric Endocrinology
Atlantic Health Goryeb Children's Hospital

For questions or concerns, please reach out to PediatricCommunityHealth@atlantichealth.org