



# DISCONNECT TO RECONNECT: ENGAGING WITH CHILDREN AND YOUTH IN THE ERA OF SCREENS

Screen time and electronics use have been one of the biggest changes in the past few decades. Children and youth are using screens at an alarming and increasing rate, and many parents, caregivers, and helping professionals are faced with struggles disconnecting them from their devices.

This workshop provides an overview of how screen time impacts the developing brain, how it impacts peer and attachment relationships, how parent/caregiver screen behaviour impacts attachment, what healthy screen time use looks like, what are concrete strategies to set parameters around screens, and ways to re-connect with the children in our care.

**DATE**  
THURSDAY, MAY 26,  
2022

**TIME**  
9:00am – 4:00pm

**PRICE**  
\$99

**WHERE**  
ZOOM

**TO REGISTER**  
[WWW.AULNEAU.COM](http://WWW.AULNEAU.COM)

**target audience**

[counsellors, educators,  
family service workers]



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