



Digitally Distracted



Parenting in the
Age of Technology

Tuesday, February 25 | 6:30pm
**The Argyros Center for Worship
and Performing Arts**

MCS is proud to welcome Tom Kersting, author of *Disconnected: How to Reconnect Our Digitally Distracted Kids*, for this very special event. Armed with the latest scientific research, Tom will present tips and tactics on how to help our children reconnect with relationships and the world around them. This event is open to all MCS parents and friends of the MCS community.

Learn more at marinerscs.org/digitalparenting20



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Parenting in the Age of Technology

WE SEE IT EVERYWHERE: at parks, restaurants, in our homes and cars - kids connected to handheld devices and disconnected from the world around them. Our common sense says this cannot be healthy, yet we struggle to know how much is too much and set practical limits. The news tells us that teen stress, depression and mental illness are at an all-time high. *Have you wondered if there is a connection?*

Come join us for a night of education and training in:

- The connection between technology use and mental health, backed by the most current scientific data
- Strategies for creating a balance with technology in our lives
- Ways to develop social-emotional health in our children
- Our role as parents to understand the impact of technology and better support our children.

This is too important of a topic to miss!



About Tom Kersting

Tom Kersting is the author of *Disconnected: How to Reconnect Our Digitally Distracted Kids*. He is a psychotherapist, school counselor, and a nationally renowned authority in mental health, parenting, and wellness. He has 20 years of experience as a private practice therapist and school counselor and 12 years as a parent. Tom is a regular contributor to Fox News and has hosted advice shows for Food Network, A&E, National Geographic Channel and Oprah's Wellness Network.