



# PARENTING IN THE AGE OF TECHNOLOGY

**When: Thursday, March 5th, 5:00-6:30pm**

**Where: Healdsburg High School (Library)  
1024 Prince Street, Healdsburg**

**Spanish translation & childcare will be available.  
This meeting will also be available on Zoom.**

This class will explore recommendations for managing screen time and raising healthy children in the age of social media. We will examine the impacts screens have on our parenting relationships.

Additionally, we will discuss children's usage of different social platforms, usage trends, and how parents can help mitigate the effects on their child's mental health. Parents will also learn how to avoid falling into screen-related traps in this class.

**To register:**

[www.calparents.org/technology](http://www.calparents.org/technology)

***Thank you to our partners:***

Healdsburg Police  
Department



Healdsburg Unified  
School District



[calparents.org](http://calparents.org) | [cpiespanol.org](http://cpiespanol.org)



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