



# Livingston County Families *join our next Mental Health Series...*

## Effects of Screen Time and Children's Mental Health

Course Created by:  
Dr. Kevin Skinner, LMFT, CSAT, EMDR

Is your child's screen time affecting their mental health?

Research shows a direct link between an increase in device usage and a spike in anxiety and depression.

**This session covers the following:**

- How to talk to your child about screen time & their mental health
- Four strategies to protect your child's mental health, includes setting boundaries & guidelines, and establishing replacement activities



# January 11, 2024



## 6:30-7:30 PM via Zoom

or on-site viewing options available in Hartland and Pinckney.

Sponsored by

Livingston Sunrise  
**Rotary**  
Club



*"Helping parents, help their kids"*

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<https://cookcenter.info/Jan11Livingston>

