

# Academy of Our Lady

presents

## “Parenting in the Digital Age”

Disconnect from the device and reconnect with family and friends

**We see it everywhere:** at the park, in restaurants, and inside our homes and cars—kids connected to handheld devices and disconnected from the world around them. According to the latest research, the average thirteen-year-old spends eight hours per day, seven days a week, glued to a screen. **Yes, this is problematic, but for every problem there is a solution.**

### Thomas Kersting

will present to

Parents and Children (4th grade and up)

April 4, 2019 at 7:00

in the

Academy of Our Lady Gym

Please join us for an informative session

**All are welcome!**



Tom Kersting is one of the most sought-after experts in the field of mental health, families, parenting in the digital age, and over-device use, as he provides advice to millions of people through regular television appearances, radio and print media, books and private sessions.

Sponsored by the Academy of Our Lady Father's Guild