



## Tweens, Teens & Screens Parenting Workshop



Do your kids spend too much time watching TV, playing video games, surfing online, or piddling on their phones? Does misbehavior tend to correlate with separating them from their beloved “screens?” Do you need new strategies for successfully disengaging from these activities and reconnecting your children with family and friends? If you’re struggling with how much time your tweens and teens spend in front of a screen, **come join our Tweens, Teens & Screens Parenting Workshop!**

This workshop includes education and discussion on best practices regarding teen screen time. Parents can expect to learn:

- How to tell if your child is addicted to gaming
- What types of influences screens have on your child’s behavior and personality, and which changes warrant your attention
- Reasonable limits to screen time
- How to build a rewards system that allows your child the “privilege” of earning screen time
- What the potential benefits of screen time might be

**When:** Tuesday, October 22nd 2019 from 5:30 pm - 6:45 pm

**Where:** [The Office of Wynns Family Psychology, Cary Location](#)  
130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leader:** [Dr. Kristen Wynns](#)

**Ages:** Parents

**Fee:** \$25 per person, \$40 per couple (snacks included)

**Register:** Call 919-467-7777 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com).

Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the [group leader](#).

## Space is Limited So Call or [Email Now to Reserve Your Spot!](#)



*Kristen Wynns, Ph.D. is the owner and founder of [Wynns Family Psychology](#), a specialty child and family practice in Cary and Raleigh, NC. (Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) for more info.) Married with two children of her own, she understands how challenging and complex both marriage and parenting can be. Dr. Wynns is also the creator of “[No Wimpy Parenting](#),” a resource for parents who want to take back their power as authority figures. (Visit [NoWimpyParenting.com](http://NoWimpyParenting.com).) Dr. Wynns offers in-person, phone, email, or video conference services to provide families*

*with experienced and customized therapy solutions, evaluations, social skills groups, parent coaching, and custody consultations. Call (919) 805-0182 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com) to schedule an appointment or to learn more about the practice.*