



Educational Workshops/Events are offered Free to  
 Parents/Grandparents/Caregivers/Educators  
 of Children and Youth  
 with Emotional/Behavioral Health Concerns!

Call 1.800.264.9224 or go to [www.gearparentnetwork.org](http://www.gearparentnetwork.org) to Register Today!

## “Building Healthy Digital Habits for Families”

Presented by: Shannan King, CFPS, Regional Parent Support Coordinator

**May 5th, 2026 from 10:00 am - 12:00pm**

**From the comfort of your home virtually via Zoom**



Join us for the premiere of our new workshop which is designed to empower families by offering tools for how to talk to your youth around current research on screen time management, providing information about social media sites, offering tips for online safety, and helping you build healthier habits around screen time for your family.

The workshop is available virtually via Zoom

Please pre-register to attend at [www.gearparentnetwork.org](http://www.gearparentnetwork.org)



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 Regional Parent Support Coordinator  
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Facilitated by parents for parents. We Offer unconditional support: no blame, no shame, and no judgment!  
 We want you to know that you are not ALONE!

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