

IS SCREEN TIME COMPETING
WITH FAMILY TIME?

HEADS UP

Do you have concerns over your child's electronic use?

Do you have questions on whether the amount of time and content is appropriate for your child?

Have your attempts to try to speak to your child about their electronic use been met with resistance?

Not sure what to do next?

HÔTEL-DIEU GRACE HEALTHCARE IS OFFERING A FREE 2-PART SERIES WORKSHOP TO HELP YOU AND YOUR FAMILY IN ADDRESSING ELECTRONIC USE IN THE HOME

This workshop is a collaboration between Regional Children's Centre and Centre for Problem Gambling and Digital Dependency, and is a wonderful opportunity to learn how to address electronic use, have your questions answered and speak to others who may be experiencing similar situations.

If interested, visit www.hdgh.org/headsup or call (519) 257-5215 ext. 74033

FREE INTERACTIVE ONLINE CLASSES

9:30-11:00 AM Tuesdays,
November 17 & 24

Or

6:00-7:30 PM Wednesdays,
November 18 & 25



HDGH
ESTD 1888