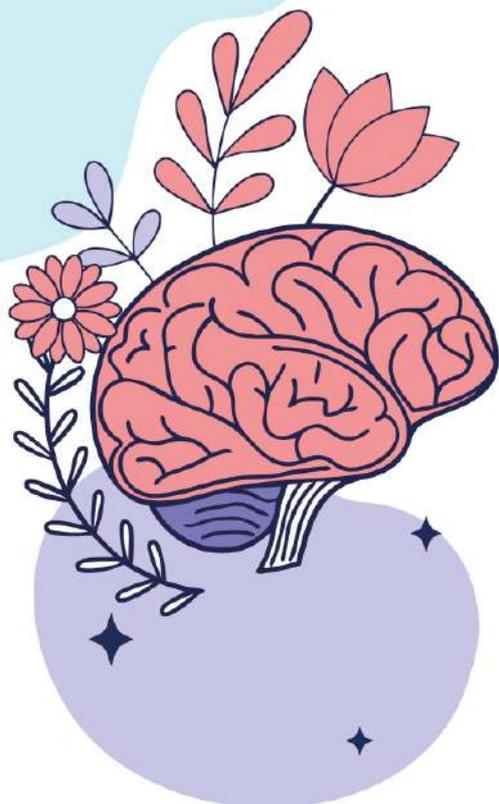


<https://us02web.zoom.us/j/81540081884?pwd=8HnMy3Flk2M75ZbdRFohrHlwbAzfvf.1>

LERU Multi-Service Agency
collaboration with PS 131Q



HEALTHY SCREEN TIME HABITS WORKSHOP

07 JAN, 2026
AT 10:00 AM
ZOOM

Social-Emotional Learning (SEL) and Mental Health Description

This workshop supports parents in understanding how screen time impacts children's emotional regulation, attention, sleep, behavior, and social development. Parents will learn how to create healthy boundaries around technology while maintaining balance rather than restriction.

Parents Will Learn How To:

- ✓ Understand the emotional and behavioral effects of excessive screen use
- ✓ Set age-appropriate screen time limits
- ✓ Create screen-free routines that promote family connection
- ✓ Support healthy digital habits at home and school
- ✓ Recognize signs of screen dependency or emotional dysregulation