

openparachute®

# BUILDING A FAMILY SCREEN TIME SOLUTION

A **COMPLIMENTARY WEBINAR** FOR CAREGIVERS



Boost your confidence in managing screen time in your household.

Drawing upon her experience as a clinical psychologist and Mum, Dr. Nicole Sokol from *Head into Healing* will provide valuable insights and practical tips for leading your family through the daunting, and often daily, challenge of managing screen time usage.

You will learn how to minimise risks associated with screen time and the essential steps to leading your family in establishing healthy digital habits.

**Time:** 7–8pm AEST

**Date:** Tuesday, 17 Sept 2024

**REGISTER NOW!**

Scan the QR  
Code to Register



This webinar is proudly presented by Open Parachute®

 <https://openparachute.com.au>