



## **Temple B'nai Chaim /Boost! Parenting Workshops October 21, 2015, 7:00– 9:30pm**

THE PUBLIC IS INVITED!

### **The Cyber Child and the Tangled Web of Social Media 7:00pm – 8:15pm**

What is the true impact of social media on our children? What are the benefits and pitfalls -- neurologically, socially and educationally -- to cyber exposure? What are the best strategies for parents to support the overall well-being of their children in today's social-media-centric world? This workshop will answer these questions, leveraging the most current research on the effects of social media on children's brains and behaviors. Participants will receive firsthand exposure to the cyber social reality that pervades children's lives and shapes their still-forming identities and social interactions. They will be engaged to critically evaluate how their own interactions with children, consciously and unconsciously, are affected by social media and technology.

### **Happiness is not Happenstance: 5 Keys to Motivate and Inspire Children 8:15pm– 9:30pm**

Today's children are stressed. At school and at home, they are bombarded with message about "success", what it means and how to best attain it. If what parents really want for their children is happiness and love and health and contentment, how do they best weed through the noise, even the noise they themselves are contributing to? How do they best counteract the stresses that are undermining emotional well-being and actually shutting down the learning centers of their children's brains? This workshop will help parents defuse their children's stress. It will pinpoint the five important elements that will help children to feel motivated, inspired, happy. It will lay out the concrete strategies for stoking passion, resilience, emotional awareness/regulation, connection and gratitude in today's hungry child.

**Cost: \$35 – Payment required in advance via <http://bit.ly/TBCPW15> by October 14<sup>th</sup>.  
Contact [adulted@templebnaichaim.org](mailto:adulted@templebnaichaim.org) after October 14<sup>th</sup> to see if spaces are still available.  
Refunds only until October 14<sup>th</sup>.**

**Program held at Temple B'nai Chaim, 82 Portland Avenue, Georgetown, CT 06829**

**The program requires a minimum of attendees to be held – please register now!  
Light refreshments will be served. No children please.**

#### **About The Speaker:**

After graduating Cum Laude from Dartmouth College, Chris Parrott studied in London earning her MSc and Post MSc degree to become a BPS Chartered Counseling Psychologist. Back in the United States, Parrott co-founded "Your Self Series"-- a teen identity development program, and "YourChatMat" tools to engage families in meaningful conversation. She recently co-authored *Reach Before You Teach: Ignite passion and purpose in your classroom* (Corwin Press, 2013) a detailed guide aimed at helping teachers connect with their students. Parrott is dedicated to raising the level of education globally so that it focuses on supporting teens socially and emotionally.