

West Orange Public Library

In partnership with
COPE Center COMMUNITY PROGRAMS
Free Parenting Workshop

TAMING TECHNOLOGY:
GETTING “PLUGGED-IN” TIME UNDER CONTROL
Thursday, May 3, 2018 from 7 – 8:30 pm

It’s hard for all of us to disconnect from our devices and to create digital boundaries for ourselves and for our families. This workshop explores the impact of being “plugged-in,” including brain, social and emotional development. Determining how technology fits into your family’s values and finding the right strategies for managing electronic use are all part of taming technology. Ways to help your child develop a responsible online presence will be discussed.

Ideal for parents and caregivers of children of all ages.

Register online @ www.wopl.org , call 973-736-0198 or visit the library at:
West Orange Public Library, 46 Mt. Pleasant Ave, West Orange, NJ 07052

Light refreshments will be served.



Looking for more parenting advice? Check out our website:
www.spenj.org.



Sponsored by the West Orange Municipal Alliance