



GROWTH & WELLNESS PRESENTS:

# FINDING BALANCE

## A Parent's Guide to Building Healthy Tech Habits

Is Screen Time Affecting Your Child's Sleep, Mood, or Behaviors?  
Join Us For:

Tips to Set Screen Time Boundaries

Techniques to Talk to Your Kid about Technology

Tips to Navigate Social Media

Tips to Improve Sleep & Reduce Bedtime Screen Struggles

Learn How Social Media Impacts Relationships



**SPEAKER**

**Carolyn Kolleth**  
Registered Nurse

JOIN US FOR A **FREE** WORKSHOP ON

**10 APRIL, 2025**  
**AT 6:30 PM**

ATTEND ONLINE OR IN-PERSON AT  
42524 HAYES RD #600, CLINTON TWP



REGISTER ONLINE  
[WWW.GANDWPSYCHOLOGY.COM](http://WWW.GANDWPSYCHOLOGY.COM)

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