



PARENTING THE PLUGGED-IN CHILD

Tuesday, December 4, 2018

9:15a – 11:15a

Join PIN and **Lana Gollyhorn**, Child and Adolescent Therapist, in Parenting the Plugged-In Child.



- Are you stuck in a screen time power struggle with your child?
- Do you feel like you have to pry the iPad out of their hands to have a decent conversation?
- Is your child irritable or sullen after screen time?

Learn how to stop fighting about technology use, teach self-discipline and good manners, and make rules that everyone will follow.

About Lana Gollyhorn, M.A.

Lana is an astute clinician, with 17+ years of professional experience enhanced by a creative, dynamic, and interactive approach. Specializing in therapy for adolescents, families, and children ages 7 and up, she has been teaching Denver parents how to support healthy family technology use for over 5 years.



Parents, educators, and community members are welcome and encouraged to attend PIN's **FREE** presentations. No need to RSVP—just come!

Presentations are typically held the first Tuesday morning and the second Tuesday evening of each month at:

New Building Location!

14603 E Fremont Ave, Centennial, CO

(South of Arapahoe Rd between Potomac and Jordan Roads)

Upcoming Events - Mark Your Calendars!

- **Feb 5, 2019 ONLY** Happiness & Gratitude: Improve Productivity, Academics, Relationships & Your Immune System: Kim Bevill
- **Feb 12, 2019 ONLY** New Career Offerings for Students: Internships and the New CC Innovation Campus: Mark Morgan and Kelli Buffo