

SCREEN TIME: FINDING THE BALANCE

Parent Presentation sponsored by Orange Youth Services



Screens are part of everyday life—but managing screen time with kids can be one of the biggest challenges parents face. Join us for a thoughtful and practical discussion on how screen use affects youth, and how parents can create healthier technology habits at home.

JEFF BAER, PSYCHOTHERAPIST GUEST SPEAKER

- Highlight the impact on developing brains, behavior and emotional wellbeing
- Realistic parental strategies set boundaries, reduce power struggles, and support their child's growth.

ORANGE YOUTH SERVICES TEEN REPRESENTATIVES PANEL

- Hear directly from teens about screen time
- What helps...and what doesn't
- Balance from their point-of-view

TIME: 6:00 P.M. – 7:30 P.M.

DATE: MONDAY, APRIL 6, 2026

LOCATION: PECK PLACE SCHOOL
500 PECK LANE
ORANGE, CT 06477



**CLICK OR SCAN HERE
TO REGISTER BY
4/2/26**



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