



Screen Time and Mental Health in Youth:

*An Introduction to Current Research and
Recommended Interventions*

Join us at this **HOT TOPIC** webinar

- **Are you concerned about excessive digital screen time in your child?**
- **Worried that your adolescent or teen is addicted to their devices?**
- **Unsure about when and how to set limits?**

Join us for an important discussion on this trending topic, and learn about the latest research and interventions from respected national experts in digital addiction and mental health.

Find out when to seek help for your child, and what to do when excessive screen time becomes problematic. Our panelists will be addressing whether screens cause mental health problems and how mental health problems may be impacting screen use. Gain a behind-the-scenes view of what psychologists are discussing.

Date: Wednesday, January 5, 2022. 7:30 - 9:00pm

Cost: \$10 for parents and non-professionals (No CE credit)

Led by Digital Addiction Experts:

Daniel Pine, MD - Child Psychiatrist

Adam Pletter, PsyD - Child Psychologist

Clifford Sussman, MD - Child Psychiatrist

This webinar will be recorded and all registrants will receive an email with a link to the recording following the presentation. If you are unable to attend on Jan. 5 you can still view the webinar at your convenience.

For more information & to register please visit: [RossCenter.com](https://www.RossCenter.com)