

# PARENT EDUCATION NIGHT

## Technology Today: The Effects of Social Media, Gaming, Texting and Internet on Our Children

**Sponsored by:** Ridgewood HSD 234, Pennoyer SD 79, & Union Ridge SD 86

**Presented by:** Meghan Erwin, LCSW, CADC & Christine Bellosa MA, LCPC

**MONDAY**

**FEBRUARY 11, 2019**

**6:00 - 8:00 P.M.**

**RIDGEWOOD HIGH SCHOOL DIST. 234**

7500 West Montrose, Norridge, IL.

### TOPICS OF DISCUSSION INCLUDE:

- What kinds of technology kids are using
- What kids are using technology for
- How technology can negatively impact
- Signs that parents should be aware of regarding their child's technology use
- How parents can teach about, set expectations for and monitor technology use

**Meghan Erwin, LCSW, CADC** is a licensed clinical social worker and certified alcohol and drug counselor. In addition to her work in private practice and substance abuse treatment, she worked as a school social worker for 13 years. She specializes in helping adolescents and adults affected by substance abuse, anxiety, and depression.

**Christine Bellosa, Ma, LCPC** is a Licensed Clinical Professional Counselor. She has a bachelor's and master's degree in Psychology. Christine has been a trainer/presenter in Structured Teaching & Autism Spectrum Disorders since 2010. She has worked as a therapist in various settings including hospitals, residential, therapeutic day school & an autism resource agency. Christine has a private practice located in Park Ridge. She sees individuals, couples and families for counseling services related to mental health issues or other life/family stressors.