

Parenting in a Time of Unprecedented Challenges

Presenter: Charity Bell, Director of Learning and Development for the Northeast area at the Massachusetts Department of Mental Health

Overview: To share strategies and insights with parents who are parenting children whose lives are so unlike theirs were.

Topics:

- The rise in social media
- The teenage brain
- Increasing demands in school and activities



“We are living in a time of extreme intensity online...We are only now realizing the impact on the brain and developing our responses.”

DATE: Tuesday, April 2nd

TIME: 7:00pm

PLACE: Littleton High School Auditorium

Sponsored by the Littleton Public Schools, the Littleton Wellness Committee and SEPAC.