

# Digitally Distracted: Tom Kersting

Thursday, March 9, 2017

7PM at Ho-Ho-Kus School District

*A Quad-District Event Sponsored by Allendale, Ho-Ho-Kus, Northern Highlands, and Upper Saddle River School Districts*



Psychotherapist and school counselor, Tom Kersting, is a nationally renowned authority in the field of mental health, parenting and wellness. He is the founder and owner of Valley Family Counseling LLC in Ridgewood, NJ and has 21 years of experience as a private practice therapist and school counselor, and 12 years as a parent. Tom was the co-host of the former A&E Network television series, ***Surviving Marriage*** and has over 100 television appearances to his credit, including regular appearances on the most popular talk shows. He is a regular contributor for *Fox News* and has hosted advice shows for *Food Network*, *A&E*, *National Geographic Channel* and *Oprah's Wellness Network*.

**This meeting will give parents the opportunity to discuss the following:**

- The connection between social media and mental health
- How much screen time is too much
- Strategies to help children reduce anxiety
- How much sleep is acceptable for overscheduled children
- Creating leaders not followers

