

Concerned about media & technology effects on teens?

What is “normal” and what constitutes problem use?

Anxious that rules may be too strict or too loose?

Join ICS PTSA for a presentation and Q&A by an expert on social media dependency and internet addiction

Dr. Ann Steel

November 6th at 7:00PM

Lake Washington SD Resource Center, 16250 NE 74th St, Redmond, WA 98052

Topics covered:

Expert's guidelines for teens and screens
Practical tips for parents to foster a healthy balance
Warning signs of gaming or internet addiction
The science of stress, multi-tasking and relaxation
Best resources for parents and teens

About Dr. Steel:

Dr. Ann Steel has worked with parents, families and youth for over 30 years; as a family physician, an educator, and currently as a licensed mental health counselor in private practice. For the past eight years she has specialized in issues related to internet and video game use and spent three years as a therapist, assessment and diagnostic specialist at reSTART Life LLC in Fall City, WA. This was the first center in the nation to treat young adults with gaming addiction in a holistic, residential setting. Dr. Steel has appeared on television, radio and as a speaker in a variety of settings including national conferences, parent groups, counselor training, school districts and community programs. She is passionate about helping families find a healthy balance between the real and the virtual world.

For more information: <http://www.steelcounseling.com>.

