



THOMAS JEFFERSON HIGH SCHOOL

HOME OF THE SPARTANS • 3950 S. HOLLY ST • DENVER, CO 80237 • 720-423-7000 • TJJOURNAL.COM

Dear SE Denver School Community,

Thomas Jefferson High School would like to extend a special invitation to your school community to join us as our guests. The school will be hosting Mindfulness Family Counselor Michael Vladeck early next month for a special two-hour presentation on "Raising Balanced Kids" with a focus on the digital age.



TJ Talks: Raising Balanced Teens (in the Digital Age)

with Family Mindfulness Counselor Michael Vladeck

Thursday, April 6th 6-8pm

Thomas Jefferson High School Auditorium

Free and open to the public

Mindfulness counselor Michael Vladeck has presented to countless schools on raising more grounded, self-aware teens and creating stronger family connections in the midst of digital distractions. Whether as a follow up to *Screenagers* or for your own edification, please join us for a special night focusing on:

- Science-based evidence on the **actual impacts** of excessive screen use on the development of your child
- Specific strategies and resources to manage screen use in a way that **empowers your kids and eliminates fighting and power-struggles**
- How to raise **more grounded and self-aware children** amidst the distractions of screens and the negative influences of pop-culture
- How to **create deeper and stronger connection with your children as a result** of working towards more balanced screen management
- How to **show up more effectively, supportively and lovingly** as a parent in the midst of the issues and concerns you will work through.