



Chief Lang hosts TEEN TALKS

The Key Biscayne Fire Rescue Department hosts a monthly educational speaker series focused on parents, teens, and pre-teens to address mental health risks facing our families today.

WHEN:

Wednesday

August 12, 2020
12 p.m.

WHERE:

Zoom App:
<https://zoom.us/j/98115773794>

One Tap Mobile:
19292056099,,98115773794#

Computer / No Zoom App:
1 929 205 6099
Meeting ID: 981 1577 3794

Is Your Child Always on the Phone?

Living in a digital world, our kids are natives to technology with smartphones, tablets, and gaming. This year 2020 has brought many challenges to our "normal" activities of daily living. We are all now more reliant on technology for communication, with increased screen time. Schools have gone virtual and now our socializing has moved to zoom, facetime, and other web platforms to allow us to be connected while maintaining physically distant.

Join us as we learn practical expert tips how to help teens have a safer online experience and build up their resilience, and offer you support on ways to time manage online at home.

Ana M. Moreno, LMHC, MCAP, CIP

Ana Moreno is Cofounder of R & A Therapeutic Partners. Ana is a psychotherapist, addiction specialist, therapeutic consultant, interventionist and educator based in Miami, Florida, and was the Co-Founder/Clinical Director of Family Recovery Specialists; an intensive outpatient treatment program. Ana began her career at South Miami Hospital's Addiction Treatment Center and has been working in the mental health field for over 18 years. She offers her expertise to the community by offering mental health workshops in English and Spanish, throughout South Florida and nationally.

If you have questions or would like a consultation, please contact Ana at (786) 452-7352, or email at info@therapeutic-partners.com