



DIGITAL DETOX

Group for Teens

APRIL 1ST – MAY 6TH

4:15-5:45 PM

MEETS MONDAY 4/1, 4/8, 4/15, 4/29, 5/6

JOIN US FOR A 6-WEEK PROGRAM FOR HIGH SCHOOL TEENS FOCUSED ON BUILDING SKILLS AND STRATEGIES TO NAVIGATE A DIGITAL WORLD.

THIS GROUP WILL GIVE YOUR TEEN TOOLS TO HELP WITH:

- Social media etiquette/aggression
- Privacy/safety online
- Sorting what's true and what's not in an age of fake news and digital manipulation
- Using technology in a healthy and balanced way
- Understanding the addictive nature of apps

Bonus session for parents aimed at:

- Reinforcement of new skills and strategies introduced in group
 - Navigating common parenting pitfalls related to screen time
 - Creating an atmosphere of connection and bridging the digital divide
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BONUS PARENT SESSION MEETS 4/22
ATTENDANCE ENCOURAGED BUT NOT REQUIRED

Cost: \$100

Register: Registration deadline **March 25th**
Last day to cancel with refund March 25th
Late registrations may be accepted dependent on space

Location: 401 S. Front St. #301 Philadelphia, PA 19147

Contact: Joanna Della-Peruta at 609-232-2471 or jdellaperuta.counseling@gmail.com to register