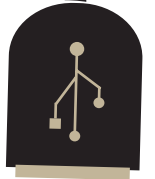


Wed., Jan. 22, 2014, 7 PM

Stevenson H.S. Performing Arts Center, One Stevenson Drive, Lincolnshire



The BIG DISCONNECT

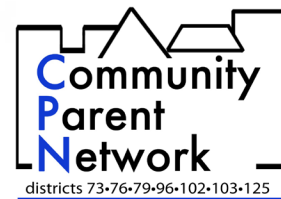
Protecting Childhood & Family Relationships in the Digital Age

Dr. Catherine Steiner Adair

Internationally recognized clinical instructor, Dept. of Psychiatry, Harvard Medical School; associate psychologist, McLean Hospital

- Distinguish between healthy and unhealthy technology use
- Gain practical strategies to nurture focused attention, creativity, empathy, and healthy relationships

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We appreciate your RSVP



Chronic technological distractions can have deep and lasting effects on children and parents alike.

Dr. Catherine Steiner-Adair will help parents understand how technology and media are putting children of all ages at risk and challenging what it means to be a family.

Children need parents and educators to provide what technology cannot: close, meaningful interactions with the adults in their lives.

With warmth, humor, and compassion, she will enlighten, weaving research with real stories to equip her audience to parent in the digital age.

- Distinguish between educational, healthy, and unhealthy use of technology
- Gain practical strategies for nourishing deep attention, creativity, empathy, and healthy relationships

Dr. Steiner-Adair is an internationally recognized clinical psychologist, school consultant, and author. She has a private practice, is a clinical instructor in the Department of Psychiatry at Harvard Medical School, and is an associate psychologist at McLean Hospital.

Technology is changing our world and the world of our children at a blistering pace. Every parent struggles with the benefits and limitations of a perpetually plugged in lifestyle.... Catherine Steiner-Adair helps lead us out of this technological thicket.

– Madeline Levine, Ph.D., author of *Teach Your Children Well* and *The Price of Privilege*

All interested adults are welcome to attend this free program. To help us plan, please **RSVP**.

Lake Forest Bookstore will have copies of Dr. Catherine Steiner Adair's book **The BIG DISCONNECT** to buy at the program. Your RSVP registers you for a chance to win a copy.

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