

TECHNOLOGY AND MENTAL HEALTH: EXPLORE THE CONNECTION

**Thursday, May 20, 2021
6:30 PM**

Join John Kriger, Rutgers University faculty and author of Turned On and Tuned Out, for a deeper dive into understanding and managing technology dependence.

Discover how using technology changes the brain, impacts learning, contributes to anxiety and depression, and changes the way we communicate. Learn the recommended ages to introduce technology and ways adults can proactively address this issue and improve individual and family relationships.

**Register on the [events page at wcctc.org](https://www.wcctc.org)
to receive the Zoom link.**

