

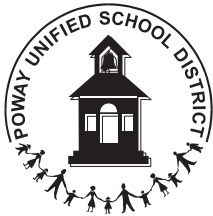


Tech Addiction: What You Need To Know!

Join us for a free parent education opportunity!

Tuesday, May 22nd from 6:30-8:30 p.m.

Rancho Bernardo High School 13010 Paseo Lucido



▶▶▶ **RSVP Today! 858-668-4084**

“Born in the mid-1990s to the mid-2000s and later, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps why they are experiencing unprecedented levels of anxiety, depression, and loneliness.”

- Excerpt from iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us By Jean M. Twenge



Sean O'Hara Psy.D, NCAC I, SAP is a Board Certified Licensed Psychologist living in San Diego, California, with over 28 years experience with psychiatric, mental health, dual-diagnosis and crises intervention health problems. Sean has presented numerous times in PUSD and we thank him for his continued support!
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