3rd and 4th Grade Families

Protecting Kids' Mental Health in a Phone-Based World: Join the Discussion!!

As our kids enter the upper elementary years, many are asking for phones and exploring online spaces more independently. But research shows technology like smartphones, social media, and gaming use can contribute to **anxiety, depression, and sleep struggles**. Learning how to guide healthy habits ***now*** is key to helping them thrive.

That's why Gallardo is hosting a **Parent Discussion Series** on *The Anxious Generation*, led by licensed therapist, parent, and community member **Ashley Eder, MA, LPCC**. This is your chance to join other parents in learning, sharing, and preparing for what's ahead. ***Come be a part of the conversation!*** Parents of all grades are welcome!

Session 1: Thursday, September 11 | 6:30pm – 8:00pm**Session 2:** Thursday, October 2 | 6:30pm – 8:00pm

You'll walk away with:

- **Understanding** of how smartphones and social media impact children's mental health and development
- **Support** in cultivating healthier relationships with technology—for kids and parents alike
- **Strategies** to help prevent anxiety, depression, and overuse

This is one of the **most important conversations facing parents today**. Don't miss this opportunity to get ahead of the challenges, especially as your child moves through the upper elementary school years!

Register to Attend

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