

# Are cell phones ruining your teenager's mental health?

Truthfully: yes...and no.

Nov 8  
7:00 PM  
Zoom

But we can learn how to enhance the positive effects of technology while reducing the bad.

Come and learn:

- Why "too much screen time" is often just a sign of a deeper unmet need
- How to have a more meaningful conversation around tech use
- And how to stop fighting and get your kid on the same page as you



**Carrie Rogers-Whitehead**

Founder of Digital Respons-Ability and author of *The 3Ms of Fearless Digital Parenting*



**Michaelann Gardner**

Founder and director of United Way's EveryDay Strong program

Register at: [uwayuc.org/Nov8Tech](https://uwayuc.org/Nov8Tech)



United Ways of Utah