

and **Juno House Foundation** are pleased to present:

Dr. Catherine Steiner-Adair:

Raising healthy children and nourishing relationships in the age of technology

A highly sought after speaker and author, Dr. Steiner-Adair brings warmth, humor and compassionate understanding of children and the adults who care about them to her presentations.

Her ability to weave research and real stories leaves her audiences enlightened and emotionally equipped with new strategies to handle parenting in the digital age. While discussing how chronic technological distractions can have deep and lasting effects on children and parents alike, Dr. Steiner-Adair proves that children need parents and educators to provide what technology cannot: close, meaningful interactions with the adults in their lives. She gives her audiences the skills to deconstruct unhealthy messages from online culture and create space for nourishing deep attention, creativity, empathy, and health relationships.

“Easy access to the Internet and social media has erased the boundaries that protect children from the unsavory aspects of adult life”



Dr. Catherine Steiner-Adair is an internationally recognized clinical psychologist, school consultant, and author. In her book, *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* (Harper), Dr. Steiner-Adair examines ways in which technology and media are putting our children at risk at every stage of development, while challenging what it means to be a family.

Same presentation occurs twice.

Plan to attend one:

Thursday, May 7th 6:30 - 8:30 pm

Friday, May 8th 9:00 - 11:00 am

At: Alexandra Centre Society, 922 – 9th Ave S.E. Calgary T2G 0S4

Books will be available for sale and book signing occurs after each presentation.

\$20 • Advance ticket purchase required via: <http://technologyandchildren.eventbrite.ca>

Tickets sales at the door if any available.