

“Screenagers” Viewing

Moderated Discussion with Psychotherapist Talia Filippelli

Tenaflly Middle School Auditorium, Tuesday May 2, 7-9 PM

- Learn about our teens’ (and pre-teens’) techno-life
- Understand the neurological and behavioral impact of tech usage
- Share information about how to protect your family’s time, values -- & health

See the trailer here: <http://www.screenagersmovie.com>

About Screenagers: Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time.... Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids’ development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.



About Talia Filippelli, LCSW, CHHC, CPT: Talia Filippelli is the owner of Starr Therapy in Hoboken and Englewood. She uses a solution-focused approach to help clients resolve issues quickly and effectively, while strengthening emotional intelligence. She offers talk therapy, school workshops, parent enrichment presentations, new mommy groups, and video chat sessions. In addition to being a psychotherapist, Talia is also a certified holistic health coach and personal trainer. In March of this year she was voted the #1 Psychotherapist in Bergen County by Bergen Mama and has been featured on CBS as a mental health expert. For more information or to contact Talia, please visit www.StarrTherapy.com.

Sponsored by RHOWR (Tenaflly Parents Rational HomeWork Revue Initiative)

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