

# GENERATION TECH

Helping your Child Find  
Balance in the Digital World



**Thursday, Oct. 13**  
**6 – 9 p.m.**  
**Irvine Civic Center**  
1 Civic Center Plaza, Irvine

**Fee: \$10 per person**

Register online for course #174167 at  
[irvinequickreg.org](http://irvinequickreg.org) or call 949-724-6610.

For more information, or to  
apply for payment assistance,  
call 949-724-6632.



## Film Screening and Q&A with Experts

Are your kids glued to a screen? In the new documentary film, "Screenagers: Growing Up in the Digital Age," experts explore the impact of screen technology on kids and provide guidance for parents and kids navigating the digital world. Parents and families with questions about how overusing digital devices may affect their children are invited to a screening of the film followed by a Q&A session with a panel of experts in the fields of child development and behavior, screen time effects and technology addiction. **This forum would benefit parents with children of any age.**

### **Diane Gale, M.B.A., O.T.R./L.**

*Occupational Therapist  
and Assistant Professor,  
Adjunct for Occupational  
Therapy Program,  
West Coast University*

### **Stephanie M. Reich, Ph.D.**

*Associate Professor of  
Education, Psychology  
and Social Behavior, and  
Informatics at the University  
of California, Irvine*

### **Hayley Goldberg, LMFT**

*Licensed Marriage  
Family Therapist,  
Certified Parent Educator  
and Parent Coach*

### **Kenneth M. Woog, Psy.D.**

*Clinical Psychologist with  
expertise in online, internet  
and computer/video game  
addiction*

Each participant will receive a copy of the book  
**Screen-Smart Parenting: How to Find Balance and Benefit  
in Your Child's Use of Social Media, Apps, and Digital Devices**  
by Jodi Gold, M.D.