

A Conversation for Families on Digital Wellbeing & Mental Health



As parents, we can struggle with balancing our children's time spent in the digital world and what we consider the real world. Join us for a conversation with a digital wellbeing expert, Dr. Kristy Goodwin (Digital Wellbeing and Productivity Researcher, Speaker, Author and Consultant), to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health. (English and Chinese)

身為父母，我們很難在孩子與數位世界中度過的時間和我們所認為的現實世界的時間之中找到平衡。要知道花在數位用品上的時間有多長以及如何設定不會產生衝突的界限並不容易。加入我們與數位健康專家, Kristy Goodwin 博士 (數位健康和生產力研究員、演講者、作家和顧問), 的對話. 讓我們一起了解實用的解決方案，並解決我們日常關心的問題以及孩子使用螢幕和心理健康帶來的挑戰。



Wednesday, Feb 19, 2025-On Zoom

10:00 am to 11:30 am

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