

Registration

Please complete the following and return it with payment to confirm your registration.

Name: _____

Preferred way to be addressed: _____

Date of Birth: (day) _____ (month) _____ (year) _____

Address: _____

Phone: _____

E-Mail: _____

Method of Payment:

Cash Cheque VISA MASTERCARD

VISA/MC #:

Expires: _____

Please check which session you are registering for:

- Session #1** **Session #3**
 Session #2 **Session #4**

Registration Deadline for Initial Session:
November 1st, 2024.



MIND MATTERS CLINIC

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers and Counselors who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6**

**Phone: (204) 477-8555
Fax: (204) 487-4248
www.mindmattersclinic.ca**



**3-1250 Waverley Street
Waverley at Buffalo Place**

TWEENS, TEENS & SCREENS

Setting Healthy Online Boundaries



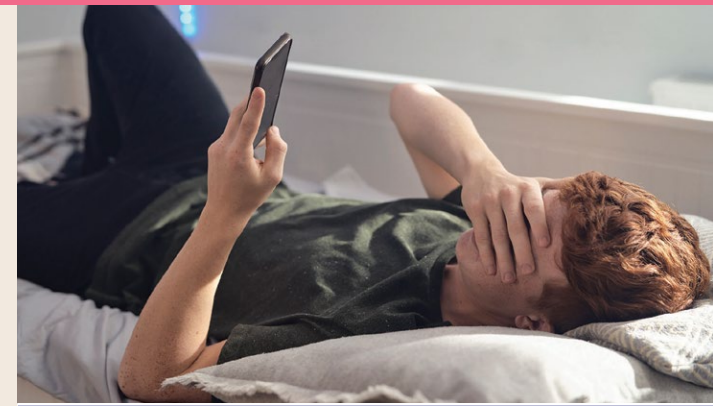

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- Are your children too dependent on their screens?
- Do your children understand what appropriate and safe online social behaviour looks like?
- Have screens negatively impacted your children's confidence, self-esteem, mood, and social awareness?
- Do you want to learn how to protect your children from cyber bullying?
- Are you struggling with setting your own online limits?



Tweens, Teens, and Screens is a 6-week group to empower young media and their families to create a healthy relationship with screens, their online presence and the media they consume. Participants will learn about their digital presence and provide them with the psychological skills necessary to ensure responsible use of technology. Parents will be provided tools to ensure their child has a healthy digital and online presence. Learning and understanding these goals is intended to help establish a healthy mindset and limit added Anxiety and other psychological stressors that emerge with excessive screen use.



TIMES & DATES:

The group will be offered on a rolling basis, beginning in November of 2024 and January 2025. To join the group, we ask for a six-session commitment.

TUESDAYS: 4:15-5:30

Session #1: Ages 8-12

November 5, 12, 19, 26, December 3, 10, 2024

Session #2: Ages 13-17

January 7, 14, 21, 28, Feb 4, 11, 2025

Session #3: Ages 8-12

February 25, March 3, 10, 17, April 7 & 14, 2025

Session #4: Ages 13-17

April 21, 28, May 5, 12, 19, & May 26 2025

If you and your child are interested in the **Tweens, Teens & Screens** Group, we will schedule a brief call with Dr. Greenfeld so we can determine whether the group would be helpful to you.

COST: \$780

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a "Registered Clinical Psychologist."

Call us to determine how your coverage can be applied to the fees.



Tweens, Teens & Screens Group Members will learn to:

- Understand the importance of privacy and security online
- Establish and maintain a healthy online identity
- Promote healthy social relationships and communication
- Navigate and understand the balance between the real and online world
- Prevent negative effects of screen misuse
- Develop prevention and intervention strategies for cyberbullying & hate speech
- Implement techniques for building mental resilience in the digital world
- Limit and boundary set around screen time

