



Eileen Harte
Therapy

DIGITAL SHIFT PARENT WORKSHOP

Saturday 20th June

10.30am to 12.30pm

Finchingfield

Supporting your child through today's
digital world and challenges.



BOOK YOUR PLACE:

eileenhartetherapy@gmail.com

BACP member

Adlerian Psychotherapist



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PARENT SUPPORT WORKSHOP

For parents/carers feeling stuck
in daily phone / social media /gaming battles

Including:

- Understanding upcoming policy changes
- Identify your parenting style
- Why children struggle to switch off
- Simple Family tech agreements
- Take-home tools and handouts

A 2 hour workshop with Family Psychotherapist.
Refreshments and snacks served. £15 per person.



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