



FREE COMMUNITY TALK

Moving Past Skepticism and Disapproval: Examining the Positive Aspects of Technology in the Lives of Your Kids

The North Shore Stress & Anxiety Clinic (NSSAC) is offering a *free public talk* on the positive aspects of technology in your child's life. For more information, visit us at www.nssac.ca.

DATE: Monday April 10, 2017 - 7 pm

LOCATION: Seycove Secondary School
1204 Caledonia Ave
North Vancouver, B.C.

PRESENTER: Dr. Martin Davidson
Registered Psychologist



There is a lot of information out there demonizing the use and role of technology in the lives of young people. It's not as bad as it seems though! Learn about the benefits of technology, even video games, for your kids and gain an understanding of the important role that it plays in their lives so that you can harness these positives and figure out how to supervise, support, and structure the healthy use of technology into your kid's life.

Dr. Martin Davidson is a Registered Psychologist who provides treatment for mood and anxiety disorders, as well as behavioral concerns, in children and adolescents. He also works with youth who self-harm and experience suicidal ideation, as well as those with social difficulties. His academic background included a program of research aimed at obtaining adolescent perspectives on developing therapeutic relationships with mental health practitioners and he also teaches undergraduate classes, such as Adolescent Development & Developmental Psychopathology.