

**West Vancouver District Parent Advisory Council Presents:**

# **TECH, COVID & KIDS: RESET YOUR HOME FOR HEALTHY HABITS**

**Wednesday, October 21 | 7:00 - 8:30 PM**  
**Free Virtual Parent Event - [REGISTER HERE](#)**

**Learn about the impact of tech on your children's development, and hear solutions for how to reset unhealthy tech habits.**

On average, teenagers are checking their phone over 150 times/day and spending about 7 hours/day on screens, unrelated to school and homework – and this was before the pandemic. These rates skyrocketed during the lockdown and now children, teens and adults all need to rely on tech more than ever. Given technology's links to problems like burn-out, anxiety, addiction, cheating, and cyberbullying, parents must now reset their family's tech habits towards solutions for learning, connection, self-care and adaptability.

Join psychiatrist, best-selling author and mom of three Dr. Shimi Kang, M.D. for a fascinating journey into the science and solutions for:

- How technology is impacting your child's brain, body and behaviour
- How to differentiate between healthy, stressful and potentially addictive tech
- How to reset your family's tech habits for a successful school year
- How to maintain healthy tech habits in your home during the pandemic and beyond.



This interactive webinar will be divided into three 15 minute sections with Q&A for each part. Dr. Kang will end with an open 15 minute Q&A conversation.



**Dr. Shimi Kang**

Award-Winning Harvard-Trained Physician | Bestselling Author | Global Social Entrepreneur

An award-winning medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, Dr. Shimi Kang provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

Dr. Kang is currently a clinical associate professor at the University of British Columbia and has made promoting wellness a priority.