



Beech Brook  
presents

# PARENTING BEYOND THE SCREEN

For parents of children in kindergarten through 12th grade

Join this new virtual parenting series and learn how to safely guide your children through the digital landscape as they approach their teenage years, fostering healthy and educational online experiences.

## 1 Building Resilient Kids in the World of Social Media Wednesday, October 25

Find out how to nurture your child's emotional well-being by helping them develop resilience and healthy self-esteem, protect them from negative influences, and address troubling behaviors with social media.

## 2 Power of Relationships: Talking Online Safety Wednesday, November 29

Learn how to prepare your child for safe social media use by establishing clear boundaries, encouraging open discussions about potential risks, and creating a safe online environment.

For each class  
**TWO SESSIONS TO  
CHOOSE FROM:**

Parents of Kindergartners -  
6th Graders:  
12:00 - 1:00 pm  
8:30 - 9:30 pm

Parents of 7th - 12th Graders:  
1:30 - 2:30 pm  
7:00 - 8:00 pm

**\$15 FOR ONE CLASS  
\$25 FOR BOTH (1 & 2)**

Register at [www.beechbrook.org/parenting-beyond-the-screen](http://www.beechbrook.org/parenting-beyond-the-screen)

Sessions will be recorded and a link to the recording will be sent to everyone who registers.



**Beech Brook**  
HELPING CHILDREN & FAMILIES THRIVE