

# Families Living Well in a Cyber World

## New Pilot Program

Technology helps society function at large, and this trickles down to impact the family unit and individuals in their day to day living. This program will provide support to parents, assisting them to understand "the pull" of technology in the present age, how it impacts parenting and child development.

The program also explores healthy strategies to navigate the world of technology with your family, all whilst encouraging connection, enhancing communication, boundaries, balance and building healthy relationships.



### Sessions focus on

- How parents view technology.
- How children view technology & Technology Impacts on the Brain.
- Values, attachment and communication.
- Boundaries, Role Modelling & Strategies.

### Where & When

Wednesday 27 August, 3, 10, 17 September

10am -12:30pm

Online

### How to Book

Please contact our dedicated intake team to complete your intake and book a spot.

02 4254 9395

[intakeservice@catholiccare.dow.org.au](mailto:intakeservice@catholiccare.dow.org.au)

[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)