

Calling all Parents in our Community

# PARENTING IN THE DIGITAL AGE

## Parents Internet Safety Talk



Uncover the ins and outs of Snapchat, TikTok, and Online Gaming in a captivating one hour workshop session. You will discover invaluable screentime saving tips and an understanding of how devices impact sleep and mental health.



Thursday 22nd  
February at 7:30



Castleoaks Hotel  
Castleconnell



JACKIE O'REGAN - PRESENTER

Organised and funded by

Ahane N.S  
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