

TOC Presents

# Technology and your Child

Presentation

**Guest Speaker: Dr. Michelle Kincade, Clinical Psychologist**

**Date: Tues April 21st**

**Time: 7:30 - 9 p.m.**

**Location: Trinity Christian School Junior High Wing**

Dr. Kincade is a Clinical Psychologist in private practice in Calgary with a strong background in Child, Adolescent, and Adult Psychology.

Through her work in private practice, Dr. Kincade has become increasingly alarmed by the number of people that she sees whose lives are being negatively impacted by the role that technology over-use has taken in their lives. Technology related problems can range from the over-use or addictive use of texting, social media, video gaming, internet surfing, and more. In her practice, she routinely sees people facing challenges ranging from anxiety, low mood, insomnia, social interaction skills, relationship problems, bullying, focus and concentration problems, as well as a lack of productivity as a result of their technology use. She believes that we are facing an epidemic of significant psychological, social, behavioural, and emotional challenges as a direct consequence of technology over-use and addiction.

**~All Parents Welcome ~**