

Vistamar School | Parent Workshop

Game Changers: How Digital Life is Impacting the Way Teens Live, Learn & Love (and how parents can help)

March 12, 2014 | 7:00-9:00 p.m.

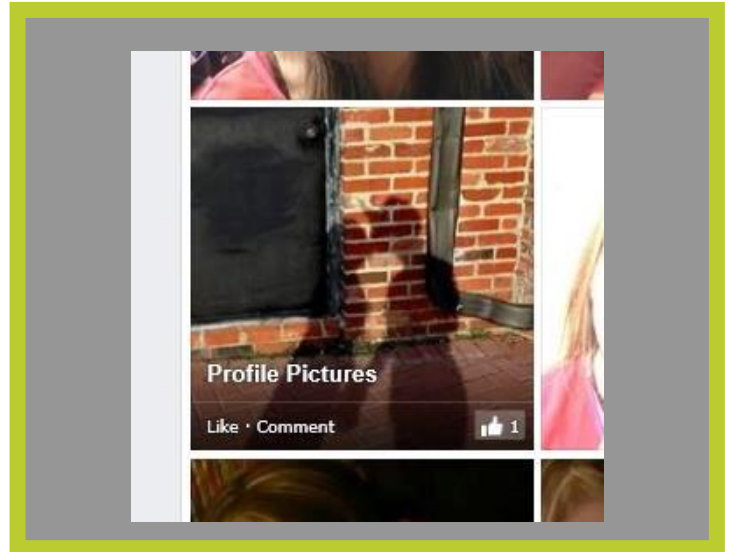
Reception 6:30 p.m.

Workshop + Q&A

This timely workshop will address cultural concerns and parenting strategies for helping teens transition into adulthood in the Digital Age. The teen years have always been filled with the drama and excitement of learning how to live and be in relationship with others. However, the growing influence of digital life in the past 10 years has significantly changed the way these developmental milestones unfold. Parents have a vital role in helping teens get grounded in an ever-changing and uncertain world that is interwoven between real life and online life. Join Shelly Sowell, M.Ed., Wellness Educator, for an evening workshop that will educate and engage parents in helping teens receive balanced support in a digital world.

Topics include:

- Impact of digital life on adolescent development
- Trends in teen tech use
- Healthy relationships
- Parenting strategies



Shelly Sowell, M.Ed., works with schools throughout the Beach Cities and Palos Verdes Peninsula. She has worked as a counselor, educator, consultant and mindfulness-based life skills instructor throughout her career, which began in 2004. Shelly has consulted with and worked for community agencies, public and private schools, non-profits, colleges and universities, and an eating disorder residential treatment center. Currently, she has a wellness practice in Redondo Beach where she works with individuals, couples and families on mindfulness-based life skills.

Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee. She holds a license in Mental Health Counseling in the state of Florida and is a National Certified Counselor. For more information, please visit www.shellysowell.com.

