

# PluggEd-In Parenting

You will learn tips, ideas and non-punitive strategies for parenting digital children from babies to teenagers.

**Friday, October 19**

**9am-4pm**

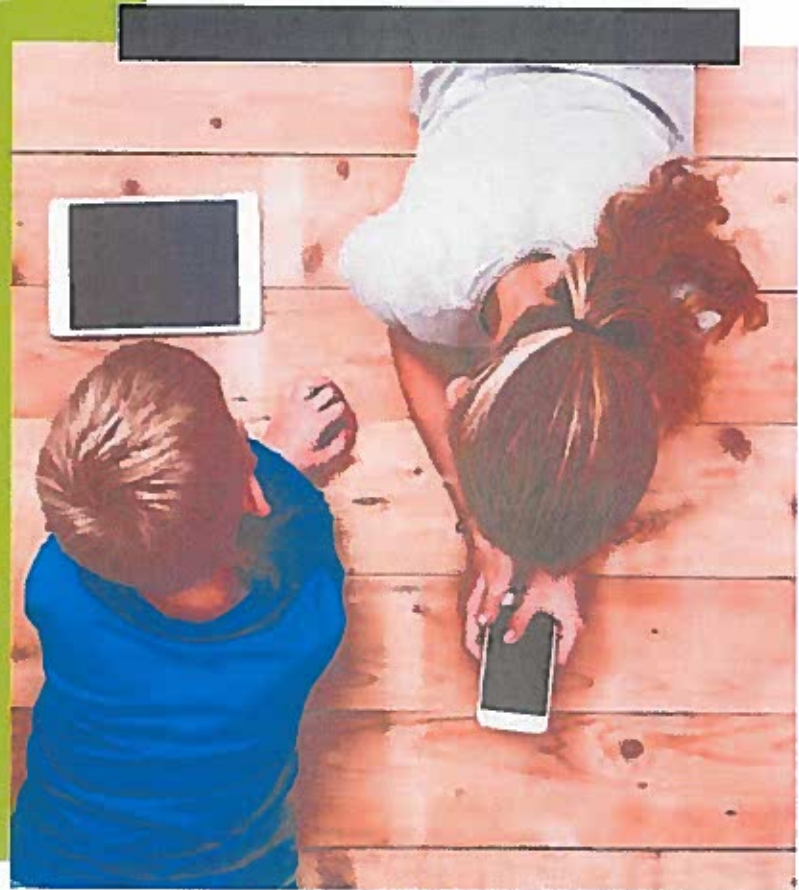
**Forest Interpretive  
Centre**

**\$20 Registration Fee**

Includes a DVD, snacks, coffee  
and lunch

**BAR CODE 12915**

Connecting with the  
digital generation for  
health, safety and love



Every aspect of digital intelligence will be covered, including cybersafety, netiquette, cyberbullying, social media guidelines, and the benefits of gaming. The program will also provide valuable parenting tips and demonstrations to keep kids connected to you, and information on how to set health limits on video/computer games, social media and cellphones.

**To register call the Allan & Jean Millar Centre at 780-778-3637.**