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FOR IMMEDIATE RELEASE

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22nd ANNUAL PARENTING CONFERENCE
Parenting in the Digital Age

Many parents may feel overwhelmed or frustrated when learning about the negative effects that technology has on our children. Parents question how to manage time on devices or wonder if technology hurts their children. CARE's 22nd Annual Parenting Conference will attempt to answer some of those questions and more with our keynote speakers, Dr. Scott Becker, PhD, LP, Director at Michigan State University Counseling Center and his wife, Dr. Aislinn Becker, MA, LLP, Behavior and Retention Assistant to the Vice President for Student Affairs and Services at Michigan State University. Their keynote address titled, *This Is Your Brain Online: The Impact of Digital Technology on Your Child's Mental Health and Wellbeing*, will address the negative impact media technologies can have on a child's development, as well as offer parents tips to help manage the digital landscape, and how to teach our children a healthy concept of digital use.

CARE of Southeastern Michigan's parenting conference offers parents and caregivers with children of all ages; an opportunity to gain new parenting tools to help meet the demands of our ever-changing society. The day is filled with interactive and educational opportunities to network and build upon skills to meet the challenges of our children. Karen Beger, Director of Community Health, at St. John Providence stated, *"St. John Providence has been a proud sponsor of the CARE Parenting Conference since its beginning 22 years ago. St. John Providence is committed to improving the health of children and families in our community, and partnering with CARE allows us to be supportive of the many activities and programs CARE provides to children and families to help them develop strengths and support for their growth and wellbeing."*

The conference will host 22 workshops to meet the interests of our diversified audience of parents and professionals. Some topics include helicopter parenting, discipline, video-gaming, co-parenting and divorce, parenting teens, and digital technology. A full list of workshop topics can be found on our website, at www.careofsem.com. More than thirty-five local vendors with resources for families will also be in attendance.

Check-in for *Parenting in the Digital Age* will begin at 8:00 am on Saturday, March 4, 2017 at the Macomb Intermediate School District Conference Center, located at 44001 Garfield between 19 Mile and Hall Road in Clinton Township. Tickets are priced at \$40, and must be purchased in advance. The day will include a continental breakfast, lunch, keynote presentation, and choice of workshop sessions. To register online, visit www.careofsem.com, or call CARE at 586.541.2273. For more information about the conference, please visit our website, or follow us on Facebook, facebook.com/careofsem.

PHOTOS AND INTERVIEWS AVAILABLE BY REQUEST

CARE of Southeastern Michigan is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, State, and local funding have been provided through Macomb County Community Mental Health/Office of Substance Abuse and other sources to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE of Southeastern Michigan Recipient Advisor, 31900 Utica Road, Fraser, MI 48026, PH: 586.541.2273 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan