



PRESENTATION & RESOURCE FAIR

It's Complicated: Kids, Screens, & Mental Health

with Erin Walsh

Tuesday, October 28, 2025

Resource Fair: 5:00-6:00 PM

Presentation: 6:00-7:30 PM

Cambridge Middle School Cafetorium

31374 Xylite St. NE

Cambridge, MN 55008

*This **FREE** presentation is designed for parents and caregivers of children from primary through high school.*

As screens become a bigger part of our children's lives, so do our questions. Is technology boosting learning—or harming mental health? How much screen time is too much?

Join educator and speaker Erin Walsh for an engaging, science-backed presentation that cuts through the confusion. Using brain research, real-life stories, and humor, Erin will help you:

- Understand the latest evidence on kids and screen time
- Learn what really supports digital wellbeing—from early childhood to middle school
- Feel more confident in guiding your child's digital life

You'll leave informed, empowered, and ready to help your child thrive both online and off.

Child care is not available.

Continuing Education hours offered.



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