

Electronic Addiction: How to Break Free From Battles over Screen Time

Have you ever tried to limit electronics but then given in because your child wouldn't stop badgering you? Do you feel guilty for sometimes "giving in" so your child is entertained rather than complaining? There is a REAL "addictive" quality to electronics and a proven, step-by-step protocol to restore health and harmony to families. In this interactive presentation, you will receive solutions from the Free Your Family From Electronic Addiction protocol that are key to having a calmer, more cooperative child with healthy boundaries around electronic usage.

You will learn:

1. The effects of electronics on the brain and warning signs of addiction
2. Practical steps you can take right now if your child suffers from electronic addiction
3. "Healthy" ways to use screens



Class Offering Session – \$65

Tuesday, May 2nd

7:00-8:30 p.m.



About the Instructor

Barb Andrus, B.S., CAPS, is a Certified Mad2Glad Parent Coach, whose passion is teaching practical ways to achieve peace and harmony within families. As a Family Specialist for over 35 years, she is skilled at helping parents understand how the brain works and improving relationships with their children. Using cutting-edge strategies from the Mad2Glad Blueprint, Barb helps parents reveal the best version of themselves while raising happy, confident children.



More Information

Wellness Living offerings are held at the Cashman Center in Burnsville, MN. To register up for this class, please call Cashman Center at 952.224.8990



WELLNESS LIVING
HSA dollars may qualify.

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