



Workshop for Salem families & caregivers

Youth Mental Health in a Digital World

WED, MAY 24, 2023: 5:30-6:30PM | Online

RSVP: tinyurl.com/SalemDigital

In today's digitally connected world, many families and caregivers are struggling with their child's relationship with technology and screen time. This month, Salem Public Schools is hosting a workshop for families in partnership with two licensed therapists from Cartwheel Care, our mental health partner organization. **We'll cover:**

- Risks, benefits, and unknowns of screen and technology use for kids and teens
- Strategies for managing technology use
- ✚ Q&A with two licensed child therapists



Sarah Nichols, MEd, LICSW

Clinical social worker with 15 years' experience working with students and families. Former special education teacher and school-based clinician in Boston Public Schools.



Sydney Denmark, LCSW

Clinical social worker experienced serving students and families in outpatient, inpatient, and school-based settings. Previously a clinician at Boston Children's Hospital.

