

**October 16<sup>th</sup> 6:30pm at Mater Christi School in Albany**

# **Be Technology Savvy...Not Sad!**

*Learn to Manage Technology, With Sensible Limits & Practical Solutions*

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**Bring your worries to an end about technology WHILE getting a clear game plan on how to manage phones, computers and video games.**

*By Psychologist, Dr Randy L. Cale*

***You can get a handle on technology...safely and predictably!*** Learn how in this engaging and informative workshop, Dr. Cale will discuss the strategies that allow you to reduce your fears about electronics and technology. More importantly, you will walk away with a clear set of proven strategies for managing technology...without incessant talking, negotiating and arguing. Bring peace of mind as well nurture a peaceful home with the tools from this program.

**This is your chance to experience this valuable seminar. Don't miss out! Save the date:**

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Your presenter for this workshop will be Dr. Randy L. Cale. He is a licensed psychologist, author, speaker, and parenting coach. You may have seen him on NBC, Fox News, or read his articles in the various magazines and newspapers. He has also created parenting solutions that include "The Confident Child," "Homework Habits Made Easy," "Win the Whining War," and "The Sibling Solution."

Included are strategies to end struggles and battles over shutting of the video games, putting down the phone and getting on daily responsibilities. These teachings will get you out of old ruts and habits that likely are driving you crazy (and NOT bringing the results you would like to see from your child). Learn to stop repeating yourself, end the worries and the battles. Please attend!

**Is this for you?** The answer is Yes... if you are concerned about:

- **Kids Addicted to Electronics?**
- **The Impact of all this Screen Time?**
- **How to Set Limits?**
- **When to say 'yes' and when to say 'no'**

Discover powerful information that will help you with your parenting  
Subscribe to Dr. Cale's unique and valuable email newsletter.

*You can do so checking out his website at:*  
**[www.TerrificParenting.com](http://www.TerrificParenting.com)**