

Creating Healthy Tech and Media Habits with Your Teen

April 12, 2022
7:00pm ET

Register at



[www.familyaware.org/
trainings](http://www.familyaware.org/trainings)



Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.
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Participants will learn how to

- technology and media affect teen mental health
- parents and caring adults can support healthy teen use of technology
- media plans guide family technology expectations and practices

This program is intended for caregivers, family members, friends, and caring adults interested in learning about the effect of technology and media on teen mental health and how to support teens' wellness. Watch the webinar live to submit questions to the presenter, **Meredith Gansner, MD**.

Meredith Gansner, MD, is an instructor of psychiatry at Harvard Medical School and attending child psychiatrist at Cambridge Health Alliance. Her research includes problematic digital media use of adolescents with significant psychiatric illness, and the use of digital phenotyping in assessing and managing Problematic Internet Use. For her research, she has been awarded Henry G. Altman Award for Excellence in Medical Education, a Dupont Warren Fellowship Grant, and the Eleanor and Miles Shore Faculty Development Award through Harvard Medical School. She is also an active member of the American Academy of Child and Adolescent Psychiatry media committee and has written articles about problematic digital media use for The Psychiatric Times, Cognoscenti, The Boston Globe and Slate magazine.