



Mindful Parenting in the Digital Age

Saturday, March 9, 2019

Instructor: Kathy Keller-Jones

Location: Columbia Bank Community Meeting Room
(390 NE Tohomish St., White Salmon, WA, 98672)

Time: 9 am - 12 pm

Cost: \$20 per person, or \$30 per couple

Participants: Limited to 20 people

About the Mindful Parenting in the Digital Age Workshop

Our electronic devices are amazingly useful and intriguing and fun. However, our children's development and family bonding can be at risk if we aren't mindful about how we engage with our ever-present devices. There is no one solution or right way to address this ubiquitous modern dilemma. After all, it has only been a decade since smartphones were introduced, and fewer years for electronic tablets. The ramifications of our modern relationship to technology are just beginning to emerge, but we can certainly feel that they are impacting our lives and relationships. Join Kathy Keller-Jones, MA developmental psychology, former K-8 school counselor, and parenting consultant, for an enthusiastic conversation on balancing the role of technology in our children's lives.



Open to adults only. Adults do not need to have children of their own. This workshop is applicable to folks, families, and partnerships of all permutations.

About Mt. Adams Institute Community Workshops:

Mt. Adams Institute's Community Workshops offer wonderful opportunities for us to build community, explore the natural beauty of the Columbia River Gorge, highlight local skills and passions, and raise scholarship funds for Cascade Mountain School students. The costs of the workshop directly contribute to the Cascade Mountain School scholarship fund, which provided over 40 youth 6-18 years old in the Columbia Gorge and Portland with over \$13,400 in scholarships to attend our summer camps in 2018. We greatly appreciate the time and contributions of our Community Workshop instructors, many of whom donate their time to support our scholarship efforts. Learn more about Cascade Mountain School scholarships on our website:

<https://www.cascademountainschool.org/scholarships>

How to Register:

1. Fill out the registration form online at the Mt. Adams Institute's Community Workshop page.
2. Pay a 50% deposit of workshop cost to reserve your spot online.
 - a. Community Workshop deposits are fully refundable up to 30 days prior to the workshop.
 - b. Remainder of the cost can be paid online, or with cash or check at the workshop.

Please reach out to the Mt. Adams Institute's Cascade Mountain School for any questions regarding our Community Workshops and/or registration. info@cascademountainschool.org

The Mt. Adams Institute strengthens the connection between people and the natural world through education, service learning, career development and research.

www.mtadamsinstitute.org