



**KIDS FIRST**  
CITY OF ASPEN

# PARENT WORKSHOPS

## SCREEN TIME AND CHILDREN: PROMOTING HEALTHY HABITS FOR YOUR CHILD

Emily R. Supino, MA and Licensed Professional Counselor, will discuss the impacts of screen time on development and how to create healthy habits for your child.

**WHEN** Thursday, February 1st, 2024, 12:00 - 1:00

**WHERE** Virtual over Zoom - link provided after you RSVP

## MAKING AND KEEPING FRIENDS

Emily R. Supino, MA and Licensed Professional Counselor, will discuss how to support children in their development of social skills and growing positive friendships.

**WHEN** Thursday, March 7, 2024, 12:00 - 1:00

**WHERE** Virtual over Zoom- link provided after you RSVP



**PLEASE RSVP TO [KRISTY.GRAU@ASPEN.GOV](mailto:KRISTY.GRAU@ASPEN.GOV)**