

# THRIVE TALKS

## *Speaker Series: Inspiring Healthy Families*

Presented by Thrive Counseling Center

7:00 p.m. — 8:30 p.m.

Oak Park Public Library, Main Library, Veterans Room  
834 Lake Street, Oak Park, IL 60301

**February 21, 2019**

### **Social Media and Technology: The Effect on Families** *with Heidi Hamernik, PhD and Isaac Lopez, LCSW*

“Can’t I stay on my phone longer?” .... “Just one more minute!” .... “All the other kids get to play this game whenever they want to!”

Sound familiar? Technology and social media have had a dramatic impact on our families: both positive and negative. During this presentation we will examine the current research surrounding how social media, digital gaming, and technology affect our families. We will also discuss how to adjust to the ever changing influences of social media and technology and how to create a balance between our technology devices and a healthy family.

- ◆ Dr. Hamernik is a licensed clinical psychologist who specializes in working with children, adolescents, and their families. She completed her pre- and post-doctoral residency at Rush Presbyterian St. Luke’s Medical Center. She has worked at Lutheran General Hospital and is currently in private practice.
- ◆ For the past 25 years Dr. Hamernik has provided pediatric neuropsychological assessments as well as individual and family therapy to children and adolescents. She specializes in neurodevelopmental disorders, emotional and regulation challenges, as well as autism spectrum disorders.
- ◆ Isaac is a bilingual clinician who specializes in working with youth, families and adults. He completed his MSW in 2007 at Dominican University where he also taught as an adjunct faculty member.
- ◆ Currently the Clinical Director of Thrive Counseling Center, Isaac has more than 18 years of experience as a case manager, clinician and administrator for programs seeking to support people in need.

**All THRIVE TALKS are open to the public and free of charge.**

For questions please contact Monique Slater at [m Slater@thrivecc.org](mailto:m Slater@thrivecc.org) or 708.383.7500 x322

<https://www.thrivecc.org/thrive-talks/>



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