

## Being Online: A Harm Reduction Approach to Technology & Social Media Use in Families

Many parents are understandably concerned about the negative impact that technology, social media, and screen exposure may have on their children and families. These same things can also be essential tools to help kids and parents alike connect with family and peers, learn new skills, and express/expand their creativity. In this Talk, parents and caregivers will learn how to use a harm reduction framework to think critically and compassionately about their family's technology and media consumption so they can enact concrete changes that will impact their families for the better.

### Our Speaker:



**Nicole Rea, LCSW**

Chicago Center for Psychotherapy

Nicole is a licensed clinical social worker and Practice Manager of the Chicago Center for Psychotherapy. Nicole holds two Master's degrees from the University of Chicago. She is trained and certified in Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Trauma Focused CBT (TF-CBT), Highly Sensitive People (HSPs), is 40-hr Sexual Assault Training certified by the Illinois Coalition Against Sexual Assault (ICASA) and Resilience (formerly Rape Victim Advocates) and is an ADHD-Certified Clinical Services Provider (ADHD-CCSP). She is a mother of a tech-savvy non-binary 11 year old who loves playing and creating video games.

**In-person  
at the  
Oak Park Public Library  
Veteran's Room, 2nd floor  
834 Lake St, Oak Park**

**NOVEMBER 10, 2022  
7:00 - 8:30 PM CT**

**FREE EVENT**

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