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The Tech Diet for Parents

This FREE parent talk explores:

- Practical strategies to help parents manage screen and gaming habits
- The psychological “why” behind tech addiction
- The warning signs of unhealthy habits
- A clear 7-step action plan to take back control at home

When & Where

Wednesday 9 April 2025
6pm - 7:30pm with Q&A
Aquinas College - Veritas Centre
58 Mount Henry Road
Salter Point WA

Free event.

Bookings essential.

<https://bit.ly/pcwatechdiet>

About Brad Marshall The 'Unplugged Psychologist'

Brad is recognised as one of Australia's leading experts in excessive internet and screen use otherwise known as Internet Addiction or Gaming Disorder. As the Director of The Screen & Gaming Disorder Clinic; Australia's first established specialty clinic, he is a well-respected presenter and speaker on the topic, frequenting schools and corporate organisations around Australia.

He is the author of three best-selling international books that have been published in over 30 countries world-wide.

This event has been proudly brought to you by Communicare, Meerilinga, Midvale Hub Parenting Service and Parenting Connection WA.