



Psychology



DIGITAL DETOX PROGRAM FOR ADOLESCENTS

Over the last few years there has been an explosion of adolescents coming to see us who are addicted to their screens. The over-use of social media, gaming, and streaming apps, such as YouTube, is causing conflict between parents and children, as well as leading to increases in anxiety, anger and depression.

Simon Andrews (OK Psychology) and Brenton Carle (Canoe the Coorong) run a weekend Digital Detox Program that will:

- Assess screen use and its impact on daily life.
- Teach strategies for managing difficult feelings and behaviours around screens.
- Teach skills for re-engaging in school and family life in a way that is not dominated by screens.

Age group: 10-17 year olds and their parents/caregivers

Dates:

Saturday 15th to Sunday 16th February

Saturday 18th to Sunday 19th April

Saturday 21st to Sunday 22nd March

Saturday 16th to Sunday 17th May

Location: Two-day trips are held in the Coorong National Park, completely away from technology.

Cost: \$398 per person. This includes four group psychology sessions, all meals, camping equipment, national park fees and kayak hire (private health and NDIS may apply).

Please contact fiona@okpsychology.com.au or call 8264 2311 for more information.

CANOE THE COORONG

