HEALTHY DARWIN

2026-27 Wet Season
Healthy Lifestyle
Workshops & Short Courses

Stronger Together Workshops

Screening Screens for Kids
Creating Healthy Screentime Habits

How do you help children navigate technology responsibly? Screens are highly prevalent today, but deciding when to introduce them, what use is appropriate and how to keep kids safe can easily feel overwhelming.

In this workshop, we will explore the benefits and risks of technology and how to make informed decisions about what children watch, play and do online. Discover the SCREENS framework to help you decide when, where and how screens are used in your home.

Learn practical ways to establish healthy habits, keep children safe and gradually support them to take responsibility for their own digital lives.

Saturday 05 December 10:00am - 11:15am
Casuarina Library Community Room
17 Bradshaw Terrace, Casuarina

★ **Bookings required!**
Host: Laura - Strong Minds Counselling Services
E - laura.strongminds@gmail.com
P - 0490 920 329

Strong Minds

To find out more about this activity, contact the host directly.

Only $10 per adult!



To find out more about Healthy Darwin:
healthydarwin@darwin.nt.gov.au
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