



P R E S S R E L E A S E

October 18, 2006

Family Solutions Program: How To Manage the Internet So It Doesn't Manage Your Kids.

Falls Village—On Thursday, November 16th Housatonic Youth Service Bureau "*Family Solutions*" is sponsoring an informational program for parents entitled, "*How to Manage the Internet So It Doesn't Manage Your Kids*". Clinical psychologist and nationally recognized authority on cyber-addictions, Dr. David Greenfield, will speak to parents regarding the psychological issues of Internet overuse. The program will be held at the Housatonic Valley Regional High School from 7:00 to 9:00 pm in Room 133.

"The Internet is viewed as a positive educational tool, and there is little doubt that it offers a plethora of information and opportunity for entertainment, information, and efficiency. There is, however, a darker side to this wondrous technology. The very nature of the powerful attractiveness of the Net can foster overuse, abuse, and even addictive patterns of behavior. Sex, Email, Gambling, Shopping, and Gaming are some of the ways we "get lost on-line" and can contribute to problems in real-time Living," says Dr. Greenfield. He will address some of the common problems with Internet use and abuse, some of the reasons for the power of this technology, along with suggestions for managing our "virtual afflictions". He will also discuss the impact on the lives and behavior of our children and offer concrete, practical techniques for protecting kids. Dr. Greenfield is bringing with him, a technical expert to answer parents questions on how to "bullet-proof" their computer systems and limit access to these sites. There will an opportunity for questions and answers.

Dr. Greenfield is the author of "*Virtual Addiction*", the founder of The Center for Internet Behavior, and the director of The Healing Center, LLC. His web site is virtual-addiction.com.

For more information please call HYSB at 824-4720.