



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## **FOR IMMEDIATE RELEASE**

Date: November 1, 2018  
Contact: Patti Swingle, Youth Services Librarian  
360.683.1161 x7766; [pswingle@nols.org](mailto:pswingle@nols.org)  
Re: *Parenting Conversations – Navigating Technology and Social Media*  
at the Sequim Branch Library  
Attached: *Power Off.jpg*

The Sequim Branch of the North Olympic Library System (NOLS) will present *Parenting Conversations – Navigating Technology and Social Media* on Thursday, November 15 at 6:30pm.

Parenting is full of joys and challenges. Navigating childrens' and teens' access to technology is one of the many challenges facing parents today. Marriage and Family Therapist Caitlin Sundin will discuss current research and offer ideas to promote healthy habits for families. There will be time for questions following the presentation.

## **ADDITIONAL INFORMATION**

For more information about this and other programs at your library, contact the Sequim Branch Library at 360.683.1161, send an email to [Youth@nols.org](mailto:Youth@nols.org), or visit [www.nols.org](http://www.nols.org). The Sequim Branch Library is located at 630 North Sequim Avenue in Sequim. This program is generously supported by the Friends of Sequim Library.



*“Parenting Conversations – Navigating Technology and Social Media” will be presented at the Sequim Branch Library on Thursday, November 15 at 6:30pm.*

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