

Navigating Screen Battles



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Struggling with screen time battles, gaming limits, or social media boundaries? You're not alone. In this practical workshop, parents will learn how to set clear, confident limits around screens and technology using Non-Violent Communication inspired by Marshall Rosenberg – without power struggles, shame, or disconnection.

What You'll Learn:

- ✓ Understand the nervous system dynamics behind screen conflicts and power struggles.
- ✓ Apply the 4 components of Non-Violent Communication
- ✓ Respond effectively to resistance, meltdowns, or negotiation tactics.
- ✓ Practice simple body-based tools to help your child regulate
- ✓ Set clear, developmentally appropriate screen boundaries without punishment or shame.

FREE In-Person Workshop

 Thurs April 9, 2026

 6:30-8:30 PM

 North Vancouver School District Education Services Centre, 5th Floor
2121 Lonsdale Ave



Can't make it?
Free Online Webinar option
Wed April 22nd
6:30-8PM
Choose what works for you!



www.ArleenTyndall.com/events

Register Now!

(Limited in-person spots available)