



**Family
Connections
Centers**



Gaming and Screen Use

Gaming and screen use affect both children and adults on a regular basis, and screen time significantly increased during the pandemic. Join this workshop to recognize excessive screen use, its impacts, and healthy alternatives.



When:
May 13
10:30—11:30 am

Where:
Virtual via Zoom

Language:
Cantonese

To register, please contact: Cheryl
cau@fccenters.org, 415.857.0885

Zoom link will be sent after registration.

 fccenters.org

 [@fccenters](https://www.instagram.com/fccenters)

 [Family Connections Centers](https://www.facebook.com/fccenters)



Family Connections - Portola
2565 San Bruno Avenue
San Francisco, CA 94134
415.715.6746



Family Connections - Excelsior
5016 Mission Street
San Francisco, CA 94112
415.333.3845



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遊戲和屏幕使用

遊戲和屏幕使用會定期影響兒童和成人，新冠肺炎期間屏幕使用時間顯著增加。

參加本次研討會，了解過度使用屏幕的影響和健康的替代方案。



時間:

5月13日

上午 10:30-11:30

地點:

網上Zoom進行

語言:

廣東話

如要報名，請聯繫 Cheryl。

415.857.0885, cau@fccenters.org.

注册后将提Zoom链接。

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