



Concerned about your child's screen time?

As part of a research study, a team of psychologists and researchers from the University of Manitoba are offering

free parenting workshops

for managing screen use in children and teens.

These two-session workshops will be held at **Tech Voc High School (1555 Wall Street)**. Sessions will be two weeks apart and last two hours each.

The purpose of this study is to get your feedback on the workshops: what you learned, what you liked, what could be improved. You will be asked to complete a survey as part of each workshop session.

Childcare is available if needed, spaces may be limited.

Snacks will be provided. Participants will receive a small gift card to a local coffee shop.

To participate in this study, you must:

1. Live in the Winnipeg School Division and have at least one child in school
2. Be able to attend the in-person workshops
3. Be able to complete the workshops and questionnaires in English
4. Be willing to complete an anonymous questionnaire after each workshop session

Workshops (all workshops are **6:30-8:30pm**; doors open at 6:15pm)

Kids & Screens (first offering)	Part 1: Wednesday March 25
<i>for caregivers of children aged 5-11</i>	Part 2: Wednesday April 8
Teen & Screens (first offering)	Part 1: Monday April 13
<i>for caregivers of children aged 12-17</i>	Part 2: Monday April 27
Kids & Screens (second offering)	Part 1: Wednesday April 22
<i>for caregivers of children aged 5-11</i>	Part 2: Wednesday May 6
Teen & Screens (second offering)	Part 1: Wednesday April 29
<i>for caregivers of children aged 12-17</i>	Part 2: Wednesday May 13

Please register using the QR code on this page or by visiting the following link:

<https://redcap.link/screenworkshops>

Study title: Evaluating parenting workshops that teach strategies for managing screen use in children and adolescents

Principal Investigator: Dr. Jo Ann Unger, Assistant Professor, Dept. of Clinical Health Psychology, University of Manitoba

Contact: ScreenWorkshops@umanitoba.ca



This research has been approved by the Research Ethics Board at the University of Manitoba (HE2025-0399)

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