



BufferSpace.org
Strong Roots. Healthy Minds.

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STRONG ROOTS. HEALTHY MINDS.

JOIN US FOR A TALK ON

The Dangers of Excessive Digital Screening

Learn about excessive digital screen use — and how it affects young people's mental, emotional, and physical health.



13+
AGES

Calling all youth ages 13 and up!

Free and open to the public. Parents, guardians, and educators welcome too.

WHEN & WHERE

 **Sunday, September 20**
12:00 p.m. – 2:00 p.m.

 **Atherton Library**
Heritage Room · 2 Dinkelspiel
Station Lane, Atherton, CA

IN PERSON

GUEST SPEAKER



Stephanie Brown, PhD

THE ADDICTIONS INSTITUTE
MENLO PARK, CA

Guest speaker sponsored by BufferSpace, Inc.

An internationally recognized expert on addiction and recovery, and a licensed psychologist with more than 35 years of clinical experience. Dr. Brown founded the Stanford Alcohol Clinic at Stanford University Medical Center, directs The Addictions Institute in Menlo Park, and has written eleven books on addiction and recovery.

 **Sign-in required**
All attendees must sign in at the door.

 **Ages 13–17 welcome**
Parent or guardian permission encouraged, not required.

 **Presented & sponsored by**
BufferSpace, Inc. — 501(c)(3) nonprofit.

Questions? Please contact **Alisha Parikh-Briggs**, Founder & Executive Director, BufferSpace.org — alisha.bufferpace@gmail.com

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Youth attendance: Attendees ages 13–17 are welcome to attend. Permission from a parent or legal guardian is encouraged but is not required for admission. BufferSpace does not assume custodial responsibility for unattended minors, and parents and guardians remain responsible for supervising minors in their care.

Photography: Photography or recording may occur in designated areas. Participation in photography is optional and is not required to attend. BufferSpace will not use an identifiable minor's name, image, voice, video, or likeness in promotional, social-media, fundraising, or other public communications without prior written authorization from the minor's parent or legal guardian.

If you or someone you know needs support, please contact a licensed professional.



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Supporting adolescent social health
and healthier relationships with
technology.