RELATING WITH KIDS & TECH

Building Bridges in a Digital World



Tues., March 10, 2026 @ 7 PM via Zoom

Join us for an insightful evening with Dr. Jill Richards of Comprehensive Mental Health Services as we explore the intersection of parenting and technology. Rather than seeing screens as a barrier, Dr. Richards will demonstrate how curiosity about your child's digital world can lead to deeper, stronger relationships.

This session is designed to equip parents with the tools to make technology use healthy, safe, and intentional. By "getting in the know" about what your kids are doing online, you can model digital wellness and turn screen time into bonding time.

This presentation serves as the kickoff for our upcoming "Tech Night In," on Friday, March 20, 2026, where district families are encouraged to put these strategies into practice!

In collaboration with the Hopewell Valley Municipal Alliance, Digital Wellness Initiative & Hopewell Valley Regional School District

Dr. Jill Richards is a clinical psychologist and the Director of Comprehensive Mental Health Services. With a career spanning since 1998, she previously served for twelve years as the Director of Rutgers University's mental health and substance abuse services. Dr. Richards holds a PsyD from The Chicago School of Professional Psychology and completed a post-doctoral fellowship at Northwestern University. Her clinical expertise includes working with adults, couples, and families using a blend of psychodynamic insights and evidence-based practices such as CBT, DBT, ACT, and PCIT. She is particularly dedicated to addressing how cultural identity and social opportunity impact health and well-being.

Registration: PenningtonLibrary.org/KidsandTech

Part of our "Beyond the Page" Community Read Initiative. For more information: PenningtonLibrary.org/2026BeyondthePage

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