

IS ARTIFICIAL INTELLIGENCE CHANGING HOW YOUR FAMILY FEELS, THINKS, AND CONNECTS?



JOIN US FOR A **FREE** COMMUNITY WORKSHOP EXPLORING AI'S IMPACT ON MENTAL HEALTH.

Artificial intelligence is changing the way children learn, teens interact online, and adults work, communicate, and make decisions. Join Nova Vita Mental Wellness Center for an engaging community workshop that explores both the opportunities and the mental health challenges of AI. Learn practical, research-informed strategies to help your family use AI safely, responsibly, and confidently.



THIS WORKSHOP WILL HELP YOU:

- Understand how AI is changing learning, relationships, and mental health
- Recognize misinformation, deepfakes, and AI-generated content
- Learn how AI and social media algorithms influence attention, emotions, and self-image
- Protect your family's privacy and personal information online
- Develop healthy technology habits and screen-time boundaries
- Learn age-appropriate ways to use AI responsibly at school, home, and work
- Build critical thinking skills so AI becomes a helpful tool—not a replacement for human judgment
- Leave with practical conversation starters for discussing AI with children and teens

CHOOSE YOUR BREAKOUT

Each breakout session is designed specifically for the developmental needs of its audience, providing practical information, interactive discussion and real-world examples.



K–4th Grade — Children's breakout
Learn about self-regulation, anxiety and stress management
led by Holly Colón, Ph.D., LSSP
(School Psychologist, Lutheran South Academy)



5th–8th Grade — Middle school breakout
AI in school, social media, misinformation, academic integrity, and digital citizenship
led by Ryder Cramer, MS, QMHP-CM
(Assistant, Nova Vita)



9th–12th Grade — High school breakout
AI, mental health, social media algorithms, college and career readiness, privacy, and ethical decision-making
led by Mark Paling, Liberty Graduate Student
(Intern, Nova Vita)



Parents & Adults — Parents of youth and any adult who wants to attend
Helping teens navigate AI, setting healthy technology boundaries, protecting privacy, recognizing misinformation, and preparing children for an AI-driven future
led by Maria Wilson, BSW, MSW, LMSW, Ed.D.
(Counselor, Nova Vita)

Supervised by R. C. Cramer, Psy.D., BCBA-D/LBA, LPC-S



EVENT DETAILS



Sunday, August 23



9:45 – 10:45 a.m.



Gloria Dei Lutheran Church



Cost: Free

WHY ATTEND?



Learn from licensed mental health professionals



Practical take-home strategies



Age-specific breakout sessions



Interactive discussion and activities



Free community event

YOU'LL LEARN HOW TO:



Identify AI-generated images, videos, and misinformation



Use AI safely for school, work, and everyday life



Protect your family's privacy online



Build healthy screen habits and digital boundaries



Understand AI's impact on mental health and relationships



Prepare children and teens for an AI-powered future

RESERVE YOUR SPOT TODAY!



Free Admission • Registration Required • Limited Seating



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