

# Parent & Teen Workshops

# 17 AUG

## 9:45am

# SCROLL LESS • CONNECT MORE

Creating Stronger Bonds  
and Smarter Tech Use

## Sponsored By



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## Hosted by



18220 Upper Bay Rd  
Houston, TX 77058



**Dr. Kristina  
Nelson**

Compass  
Counseling &  
Community  
Outreach, LLC



**Gayle  
Cheatham**

Thrive Offline  
Certified Life Coach  
Teen Advocate

Parents and teens will join separate, tailored workshops to address their unique challenges. Discover a shared language to navigate screen obsession, privacy, FOMO, online drama, and more. Gain practical skills to build connection and support each other in today's digital world.

Please direct Questions to

Pastor Randy Miller at 931.626.3466 / [rmiller@gdlc.org](mailto:rmiller@gdlc.org)



# Teen Workshop

Gayle Cheatham is a mom of two teens, a certified life coach, and the Executive Director of Thrive Offline.

Through her work with Woodlands Teen Workshops, she empowers teens with real-life tools to grow in confidence, connection, and resilience.

With a passion for mental wellness and meaningful relationships, Gayle is on a mission to help families and teens live with purpose, communicate deeply, and thrive in a fast-paced, digital world. She believes we're all doing the best we can with what we know—and when we know better, we can grow better.

ThriveOffline.org

Real Talk

17 AUG

9:45am

SCROLL LESS CONNECT MORE

Creating Stronger  
Bonds and Smarter  
Tech use at Home



- **Digital Drama & Boundaries:** Online conflict, group chats, and social media "beef" without blowing up IRL.
- **Privacy & Oversharing:** What's really private online, and how to protect your info.
- **FOMO, Likes, and Mental Health:** The real effects of social media on self-esteem and mood—and how to keep it in check.
- **Spotting Red Flags:** Recognizing scams, catfishing, and sketchy behavior—plus how to get help if you need it.

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# Parent Workshop

Kristina Nelson, PhD, NCC, is a professional counselor with a private practice in Corpus Christi where she provides counseling services to individuals, couples, families, and children from diverse backgrounds. She also provides counseling for survivors of human trafficking through a local recovery program. Additionally, Dr. Nelson is an associate professor in the School of Psychology and Counseling at LeTourneau University. She is the President of the Executive Board for the Children's Advocacy Center of the Coastal Bend and is the founder of the Safety Compass Child Abuse Prevention Program.

Compass  
Counseling &  
Community  
Outreach, LLC



- **Protecting Kids from Online Predators** - Grooming, warning signs, safety settings and conversations to have at home
- **Social Media & Gaming Safety**- Algorithms and setting age-appropriate boundaries
- **Family Influence ND Healthy Boundaries** -
- **Raising Digitally Wise Kids** - Teaching discernment, how to help kids pause, think, and self-regulate. Encouraging real-world connection over screen-time escape

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