



# Community Conversation

*Navigating Technology-Related Stress and Building Healthy Social Media Habits*



**Tuesday, March 18, 2025**

**6:00- 7:00 PM**

**Golf Club of Dublin**

5805 Eiterman Road, Dublin, OH 43016

**Facilitated by:**

**Melissa Rotblatt, LISW-S, Syntero  
School Programs Manager**

Join Syntero School Programs Manager, Melissa Rotblatt, for a FREE community conversation around navigating technology-related stress and building healthy social media habits for both adults and youth.

Discussion will include:

- How youth use social media, as well as possible risks associated with youth internet & social media use
- Strategies for teaching safe internet use to youth, as well as how to set healthy boundaries around internet and social media use
- Tips for adults to manage stress related to social media and technology

***FREE Community Event  
from Syntero***

Scan or  
[click here](#)  
to register

