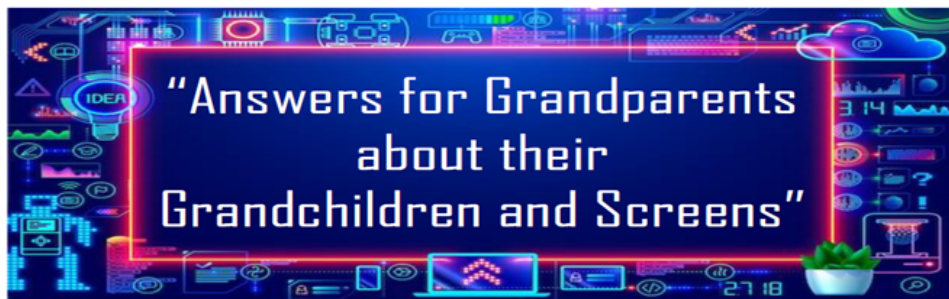


Grandparents Ministry

Volume 31

August 2025

SAVE THE DATE!



OCTOBER 27

Program 6-8 p.m.

Bonus! Evening includes a light supper at 5:30 p.m.

College Park Church Gym

Presented by Screen Strong speaker, Laura Hickman

The statistics are somber. “The average child spends over 52 hours a week in front of electronic media.” Scientific research now demonstrates that this preoccupation with gaming, social media, and smartphones has damaging impact on a child’s brain development.

Screen time triggers dopamine production which leads to dependencies that can become addictive. Let’s not kid ourselves that recreational screens are just an innocent, fun way for our grands to spend their free time.



So...what can grandparents do about this crisis?

Join Grandparents Ministry on October 27 to hear some practical answers.

Introducing our speaker...



Laura Hickman has 20 years of experience as a licensed mental health counselor. She also serves as an ambassador for an organization called Screen Strong. She became passionate about educating others about screens after witnessing a significant rise in the physical, emotional, and mental health of children and adolescents in her practice, which she could consistently link to technology use. Upon seeing this change, Laura became determined to bring awareness to this important, culturally changing landscape.

Professionally, Laura has completed many hours of continuing education in the areas of neuroscience tech addiction. She is currently one of two clinicians in Indiana with her certification in tech addiction and digital health. She is a wife and mother to three girls. Laura looks forward to coming to College Park to share practical tips with grandparents on how to navigate these challenges in this digital age in a God-honoring way.



New 6-Week Sunday Morning Grandparenting Class



“Equipping Intentional Grandparents: Overcoming Challenges”

**September 21 to November 2
9-10:10 a.m. in E|106**

Join us for Volume 2 of the Equipping Intentional Grandparents curriculum series from Legacy Coalition.

Topics in “Overcoming Challenges” include:

- Doing Life with Adult Children – Dr. Jim Burns
- Teaching Grandchildren to Accept No as an Answer – Dr. Scott Turansky
- Grandparenting Screen Kid – Arlene Pellicane
- How to Discipline Grandkids Effectively – Dr. Joannie DeBrito
- How to Pray and Read the Bible with Your Grandkids – Dr. Rob Rienow

This six-week class will be facilitated by members of the Grandparents Committee. Workbooks will be provided, and each session will include time for group discussion and reflection.

REGISTER

You are receiving this email because you attend an event or have shared your email with the Grandparenting Ministry at College Park Church. If you received this email and believe it was an error, please reply back to let us know. Visit www.yourchurch.com/grandparents for more information.

Copyright (C) 2025 College Park Church
All rights reserved.

College Park Church
2606 W 96th St | Indianapolis, IN 46268
317.875.0282