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Managing Kids' Screen Time, Social Media Use — Talk for Parents on April 25

Author : David Gurliacci

Categories : [Darien Depot](#), [Parents & Kids](#)

Tagged as : [Elizabeth Ortiz-SchwartzScreen Time](#)

Date : April 6, 2019

What healthy media use looks like, setting up structure around screen time, and what problematic use might look like are the focus of a talk for parents on April 25 at the Depot Youth Center.

— *an announcement from the* [Depot Youth Center](#)

The “Parent Talk” will take place from 7:15 to 8:30 p.m., will be given by Dr. Elizabeth Ortiz-Schwartz of Silver Hill Hospital.

“Parent Talk” is an informal discussion that is part of the Depot’s Speaker Series. Refreshments will be served. Please RSVP to [this Web page](#), since space is limited. .

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Ortiz-Schwartz, M.D., DFAPA [distinguished fellow of the American Psychiatric Association], is chief of the Adolescent Living Program at Silver Hill Hospital.

Her work is all about “giving adolescents and their families the tools to manage challenging behaviors, regulate emotions, better understand their difficulties, and improve their communications in order to set out on a different course.”

Prior to joining Silver Hill’s medical staff, Dr. Ortiz-Schwartz served as medical director for The Child Guidance Center of Southern Connecticut.

She is also an assistant professor at New York Medical College and a member of the Clinical Faculty in Fairfield University’s Advanced Practice Registered Nurse Program.