

# Media Release

For immediate release: Sept. 13, 2017

## Cris Rowan, renowned expert on children's technology use, to hold two workshops in Winnipeg on Monday, Nov. 6

**Winnipeg, MB – Sept. 13, 2017** – Alloway Therapy will present two workshops with Cris Rowan on Monday, Nov. 6 in Winnipeg. Rowan is a renowned pediatric occupational therapist, biologist, certified sensory specialist, international speaker, and author of the book "Virtual Child."

Rowan will highlight the impact of technology use on a child's physical, psychological and behavioural health. She'll help attendees understand research and guidelines, identify critical factors to optimize a child's development, behaviour and learning, and how to implement "Balanced Technology Management" strategies as a parent, educator, and health care professional.

"This is a rare opportunity to acquire in-depth knowledge and skills to curb the negative effects of digital devices on children," says Monique Gougeon of Alloway Therapy. "Cris has worked as a pediatric occupational therapist for over 30 years, and has researched and found proof of the negative impact of technology on children."

"The biggest misconception about digital devices is that they are safe and harmless for children," says Cris Rowan. "The one thing that can help you change the negative impact is to understand the research. Once you know the facts, you'll make better decisions to ensure a child's positive growth and success."

On Monday, Nov. 6, Alloway Therapy will host two workshops with Cris Rowan in Winnipeg:

1. **A workshop for health care professionals and educators (9 a.m. to 4 p.m.):** Disconnect to Reconnect: The impact of technology on healthy child development.
2. **A workshop for parents and caregivers (6:30 to 8:30 p.m.):** Technology and Activity: What's the right balance for your kids?

*Alloway Therapy Services is a multi-disciplinary therapeutic team of certified child-play therapists drawn from the fields of social work and educational psychology. They specialize in the assessment and treatment of developmental trauma and attachment difficulties. For more information, visit [allowaytherapy.com](http://allowaytherapy.com)*

*Cris Rowan, BScOT, BScBi, SIPT-certified, specializes in the impact of technology on children, and promotes a concept called "Balanced Technology Management" in which parents, health care professionals, and educators manage the balance between technology and healthy activity. She recently published the book "Virtual Child," and was featured in CBC's Doc Zone documentary, "Are We Digital Dummies?" For more information, visit [zonein.ca](http://zonein.ca).*

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### Interviews:

Cris Rowan is available for in-person interviews on Monday, Nov. 6 before 8 a.m. She is also available in advance to do interviews by phone, Skype, or email.

For more information, or to interview Cris Rowan, contact:

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