



**Please
RSVP
here!!**

UNPLUG & UPLIFT

Unplug & Uplift creates space for *parents, students, teachers, and community members* to come together for honest conversations about *technology's role in our lives*. Through student voices, parent perspectives, and guided table discussions, we'll celebrate the positives, acknowledge the challenges, and strategize ways our community can support healthy boundaries around technology use—including delaying phones and social media for kids.

When: Tuesday, October 28th, 2025

5:30 - 7:00 pm

Where: Presbyterian Church of Jackson Hole

1251 S Park Loop Rd, Jackson, WY 83001

Cost: FREE!

The evening event builds upon the momentum of the **Youth Mental Health Summit** held in May, serving as the first in a new series of community gatherings designed to spark conversations, share resources, and create supportive spaces to better understand the impact of technology on today's youth.

Hosted by:

