



Family Digital Wellness Consultation Packages

About Us

Technology shapes kids' friendships, learning, sleep, and self-esteem—and it can overwhelm families without the right support. EmpowerMe Digital helps parents reduce device stress, set simple, sustainable boundaries, and build healthy tech habits that strengthen connection and well-being at home and in communities.

Through evidence-based tools and personalized guidance, we make it easier for families to feel confident, calm, and connected in a digital world.

Ready to Get Started?

Book a Consultation by emailing
Malda.hibri@empowerdigital.com

Find Us Online



Empowermedigital



Empowermedigital.org



Malda Hibri

Starter Package

You Get:

- One 60-minute consultation
- Digital household assessment
- Customized family digital wellness contract
- Device safety & settings audit

Standard Package

Everything in Starter, plus:

- Two additional 60-minute parent sessions
- Conversation scripts for parents
- Tech-free ritual consultation

Premium Package

Everything in Standard, plus:

- Full device & safety setup
- Two tween/teen coaching sessions
- Community engagement guide and materials