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SCREEN AGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

High stress, anxiety and depression are experienced by millions of young people. Parents will learn solutions for improved adolescent well-being in the digital age.

Thursday, January 25, 2024

**Film starts at 6:30pm
Panel discussion to follow**

Ridge HS Performing Arts Center 268 South Finley Ave., Basking Ridge

Scan the QR code to
attend this FREE event



Promoting Public Health
Bernards Township Health Department