

Mind Matters

*Exploring Mental Health, Connection,
and Conversation Through Film*

Come experience a **four-part community film and discussion program** series featuring documentaries that spark conversation about mental health and social connection. Each evening features a **guided discussion** woven into the **documentary screening**.

All programs will be held at the **Bernards Township Library**
(32 S Maple Ave, Basking Ridge) from **6 - 8 PM**.

LIKE

The impact of social media on our lives

Wed, Feb 11th

[Learn more here](#)

The Upstanders

*Resilience and the power of
connection to end bullying*

Mon, Mar 9th

[Learn more here](#)

RACE to be Human

*Addressing the challenges of discussing
identity, equity, and belonging*

Wed, Apr 8th

[Learn more here](#)

Angst

Raising awareness around anxiety

Mon, May 11th

[Learn more here](#)

Join us for one, join us for all - let's roll the reel and keep the dialogue going!

Questions? Email KCartoccio@bernards.org,
call (908) 204 - 2523, or visit
www.bernardshealth.org

Presented by the Bernards Township Health Department, Bernards
Township Municipal Alliance and Youth Services Commission, the
Tri County Care Management Organization (CMO), and the
Governor's Council on Substance Use Disorder (GCSUD)