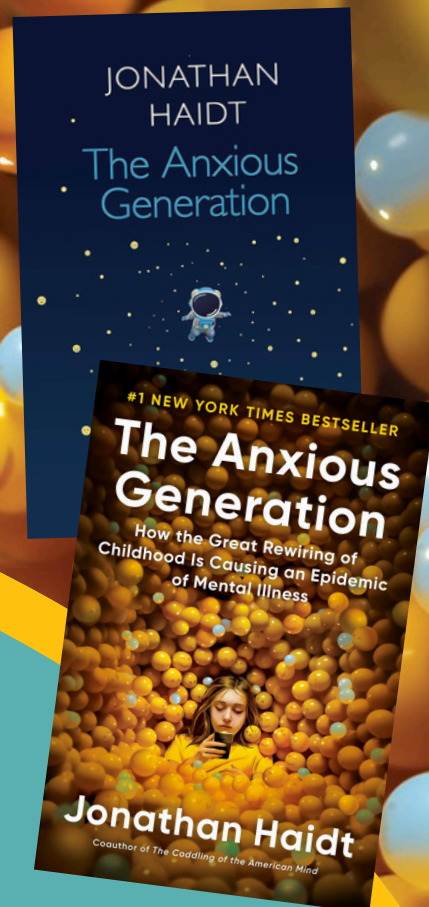


Southington Public Schools, Southington Public Library, and
Early Childhood Collaborative of Southington present
a community read of **The Anxious Generation** by Jonathan Haidt.

ONE BOOK ONE COMMUNITY THE ANXIOUS GENERATION



Tues. 2/25 - Introduction-Chapter 4

The Decline of Play and the Rise of Anxiety

Wed. 3/12 - Chapters 5-9

Screens, Social Media, and Student Mental Health

Mon. 3/24 - Chapter 10-Conclusion

Building a Healthier Generation-What Can We Do?

6:30 pm to 7:30 pm

Southington Public Library's Community Room

This is a critical read for parents, caregivers, educators, policy makers, community members and YOU!

The book provides an insightful investigation into the collapse of youth mental health, and a plan for a healthier, freer childhood.

For more information and to register for this event go to

<https://southington-ct.whofi.com/calendar/event/311098>



SOUTHINGTON
Public Schools



ECCS
Early Childhood Collaborative
of Southington