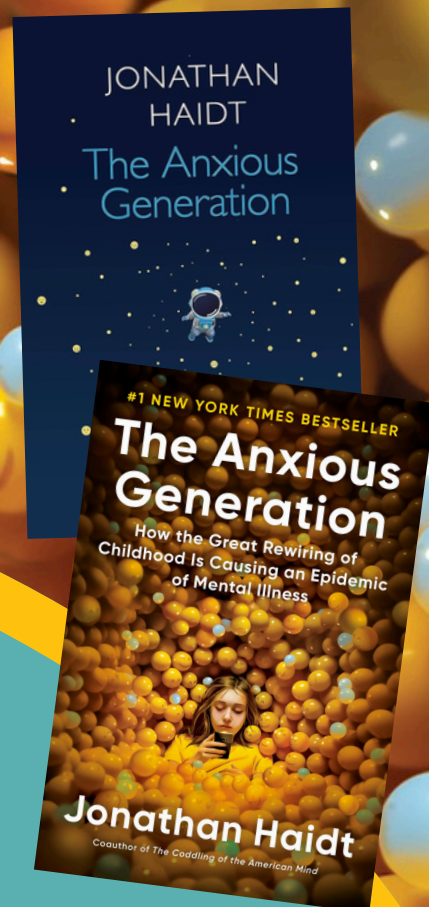


Southington Public Schools, Southington Public Library, and  
Early Childhood Collaborative of Southington present  
a community read of **The Anxious Generation** by Jonathan Haidt.

# 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/311100>



**SOUTHINGTON**  
Public Schools



**ECCS**  
Early Childhood Collaborative  
of Southington