

The Bernards Township Municipal Alliance presents:

# SCREEN AGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

## A Documentary Screening & Parent Presentation

*High stress, anxiety and depression are experienced by millions of young people. We follow physician and filmmaker, Delaney Ruston, as she discovers solutions for improved adolescent well-being in the digital age.*

**WHEN:** Thursday, January 23, 2020  
Movie at 6:30 pm -  
Presentation to follow

**WHERE:** Ridge High School PAC  
268 South Finley Ave.,  
Basking Ridge, NJ 07920

**TICKETS:** FREE! Reserve your seat at:  
<https://tinyurl.com/yy8a83of>  
or scan QR code



Scan Me!

**MORE INFO:** Visit [www.bernardsalliance.org](http://www.bernardsalliance.org)



Promoting Public Health  
Bernards Township Health Department

Bernards Township  
**Municipal Alliance**  
Against Substance Abuse

 GCADA Governor's Council on  
ALCOHOLISM & DRUG ABUSE

