



EVENT SPONSORED BY STM YOUTH MINISTRY & STM CATHOLIC SCHOOL

SCREENAGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

Tuesday, January 28 at 6:00PM
in **McCallin Hall**

FILMMAKER AND PHYSICIAN DR. DELANEY RUSTON TAKES THE CONVERSATION AROUND SCREENS AND TEENS TO THE NEXT LEVEL WITH SCREENAGERS NEXT CHAPTER: UNCOVERING SKILLS FOR STRESS RESILIENCE – A FILM THAT EXAMINES THE SCIENCE BEHIND TEEN'S EMOTIONAL CHALLENGES, THE INTERPLAY OF SOCIAL MEDIA, AND MOST IMPORTANTLY, WHAT CAN BE DONE IN OUR SCHOOLS AND HOMES TO HELP THEM BUILD CRUCIAL SKILLS TO NAVIGATE STRESS, ANXIETY AND DEPRESSION IN OUR DIGITAL AGE.

FOR MORE INFORMATION, PLEASE CONTACT:

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