COFFEE with the COUNSELORS



Please join us for a new session where we'll begin a book study on the #1 New York Times bestseller called a "must-read" for all parents, *The Anxious Generation* by Jonathan Haidt.

No time to read the book? You're invited anyway and it's absolutely okay! We'll begin by discussing some interesting info found in chapters 1-4, but all views, parental experiences, questions, and more are welcomed and needed.

When: Tuesday, September 29
8:15 am, right after morning drop-off.

Where: St. Jude Hall or by Zoom
(Watch Saints Weekly, link shared soon.)

What: Research shows a spike in anxiety and isolation for our children. We'll discuss ideas about where this may be coming from and what can be done about it.

Mark your calendars for upcoming dates:

Sept. 29, Oct.27, Jan, 19, Feb. 16