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Breaking Down *The Anxious Generation: A Community Dialogue* January 30 | February 20 | March 13, 2025 4:15 – 5:45 p.m.

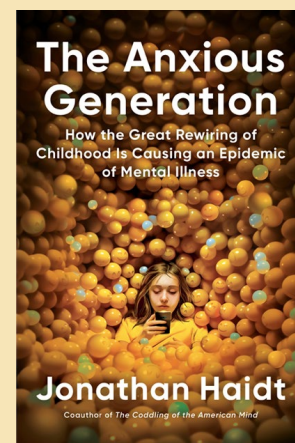
Have you noticed an uptick in anxiety with children? Are you a parent, guardian, family member or educator concerned about anxiety in kids? This book study is for you!

This 3-part book study of the New York Times best-seller *The Anxious Generation* by Jonathan Haidt is designed for educators, family and community members to explore and reflect on this impactful book. Through group discussions and personal reflections, we will connect the book's themes with our own lives, while exploring it through lenses of culture, race and personal experience. Together, we'll uncover both the strengths and gaps in the book, fostering a deeper understanding of how anxiety affects us all. This is a space for all voices to be heard and valued.

This book study will break the book into manageable sections and provide page numbers along with reflection questions to enhance each session's discussions. The final session in March, we'll focus on "What Do We Do Now?" with a panel of experts that will help guide us, one baby step at a time.

All sessions will be held at EducationPlus, 1460 Craig Road, St. Louis, MO 63146

Only \$15 to attend this impactful book study.



EducationPlus is a non-profit that supports public school districts throughout the St. Louis region by providing leadership and resources to support learning, equity and innovation to maximize student success. EducationPlus demonstrates the power of collaboration by bringing school districts together to network on education issues, enhance student success through staff development training and increase purchasing power through their cooperative purchasing program. Your registration fee supports programs and initiatives that strengthen our local schools.



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