

The Holy Spirit PTO is proud to show  
**SCREEN AGERS: The Next Chapter**

April 30<sup>th</sup> at 6:30 PM  
Holy Spirit Catholic School

# SCREEN AGERS **NEXT CHAPTER**

**UNCOVERING SKILLS FOR STRESS RESILIENCE**

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.

**No cost to attend we just ask you sign up here so we can get a rough headcount:**

<https://www.signupgenius.com/go/8050b4badab2da1f94-screenagers2>

For more information check them out at:  
<https://www.screenagersmovie.com/>  
<https://www.facebook.com/ScreenagersMovie/>