



One Book
One Town
2020

Fairfield
Public
Library

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Are the Kids Alright? Helping Your Teen in the Age of Anxiety

Thursday, March 5, 2020 • 7:00 PM
Rotary Room, Main Library



Over the past decade, there has been a dramatic rise in depression and anxiety in teens and young adults. Nearly 1 in 3 teens will be diagnosed with an anxiety disorder and 1 in 5 will be diagnosed with depression. Drawing from their experience working with hundreds of students at the counseling center located at Fairfield University, **Julia Smith, LCSW** and **Mark Celano, PhD**, will focus on understanding the origins and symptoms of this mental health epidemic, and how you can help your teen who may be struggling.

All programs are free and open to the public. Limited seating.
Register online at fairfieldpubliclibrary.org, or call 203-256-3160.

Main Library
1080 Old Post Road
Fairfield, CT 06824

Fairfield Woods Branch
1147 Fairfield Woods Road
Fairfield, CT 06825



Fairfield University
is a long standing
community partner
of Fairfield Public
Library's One Book
One Town program.
For information about
other One Book One
Town events, please
visit our website at:
fairfieldpubliclibrary.org/OBOT

