



SCREENAGERS



Delaney Ruston

Documentary Film Premier **SPEAKING OF STRESS: Solutions to Thrive**

As in her previous film, "Screenagers," physician Delaney Ruston uses a personal and professional eye to examine youth stress, anxiety, and depression and offers a new approach to help young people flourish in screen-filled and stressful times. Her documentary features cutting edge science along with insights from researchers and psychologists that reveal evidence-based strategies to support mental wellness in young people and uncover skills for stress resilience.

7:00 p.m. Thursday, October 10

Dr. Ruston will lead a discussion following the film.

Glenbard West Auditorium
670 Crescent Blvd. in Glen Ellyn

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 glenbardgps.org

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 Glenbard Parent Series

Glenbard Parent Series is generously supported by the Cebrin Goodman Center, Community Consolidated School District 93 Birth to Five Community Coalition, Cooperative Association for Special Education (CASE), College of DuPage, DuPage Medical Group, Emmy Gaffey Foundation, Glenbard Early Childhood Collaborative, Holiday Inn/Carol Stream and the Prevention Leadership Team of the DuPage County Health Department.

GPS programs are FREE and open to all

**For Information
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