



The Anxious Generation

How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness

by author Jonathan Haidt

A Book Discussion Workshop for Parents

The Anxious Generation has taken the country by storm, bringing a clear message: over-protective parenting in real life and over-exposure online has produced a devastating shift in young people's mental health and daily functioning. But parents and schools CAN take steps to change course for our kids!

Our school is hosting a book discussion group, and all parents are welcome!

Date: Tuesday, February 18 Time: 6:30 P.M. Location: St. Ambrose Cafeteria

The Program is Free, but PLEASE RSVP by 2/11/25 here:

[Book Discussion RSVP](#)

Parents who wish to attend are strongly encouraged, but not required, to obtain a copy and read *The Anxious Generation* beforehand.

Can't get it all read in time? Prioritize the following chapters:

Introduction: Growing Up on Mars Chapter 3: Discover Mode and the Need for Risky Play
Chapter 1: The Surge of Suffering Chapter 12: What Parents Can Do Now

-
- Parents of ALL AGES of children are welcome.
 - **Children do not attend; parents and guardians only.**
 - The program is two hours in length, incorporating a professional presentation as well as time spent in breakout groups for discussion, brainstorming, and planning.

Presenter: Amy V. Maus, MSW, LCSW specializes in school consultation, providing faculty training, parent presentations, principals' groups, and on-site consultation to dozens of area schools each year. She is co-author of *The Care Team Approach: A Problem Solving Process for Effective School Change*.