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West Islip Union Free School District

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**COMMUNITY BOOK TALK:**  
**The Anxious Generation by Jonathan Haidt**

The district is excited to invite parents, students and staff to a community book talk on the timely and insightful book *The Anxious Generation*. This event will bring our school community together to explore the challenges young people face in today's fast-paced, high-pressure world; and how we as educators, parents, and community members can better support them. *The Anxious Generation* delves into the growing mental health challenges among today's youth and offers research-based strategies to foster emotional resilience and well-being. Whether you read the book or are interested in hearing about it, we encourage you to join us on the following dates:

<b>Dates:</b>	<b>Time:</b>	<b>Location:</b>
<b>October 23, 2024</b> <i>Discuss Parts 1 &amp; 2</i>	7:00 p.m.	West Islip High School - Library Media Center
<b>January 2, 2025</b> <i>Discuss Part 3</i>	7:00 p.m.	West Islip High School - Library Media Center  <b>Zoom link to access the meeting virtually:</b>  <a href="https://E2CCB-GST.zoom.us/j/7292811413?omn=97767511085">https://E2CCB-GST.zoom.us/j/7292811413?omn=97767511085</a>
<b>February 26, 2025</b> <i>Discuss Part 4</i>	7:00 p.m.	West Islip High School - Library Media Center  <b>Zoom link to access the meeting virtually:</b>  <a href="https://E2CCB-GST.zoom.us/j/7292811413?omn=91337808172">https://E2CCB-GST.zoom.us/j/7292811413?omn=91337808172</a>

Click [HERE](#) to register for the event.

