

# Stress Management

for tweens, teens, and parents

May 6, 2021 at 7PM via ZOOM

Join the Peer Health Advocates of William Paterson University for a conversation to:

- Discuss the ways that stress can affect lives
- Explore strategies that reduce stress
- Learn about virtual and local resources to manage stress

REGISTER AT

[https://us02web.zoom.us/meeting/register/tZAtc-6grz0rGt1w\\_8\\_YJwcmPRI-A-KH7XN-](https://us02web.zoom.us/meeting/register/tZAtc-6grz0rGt1w_8_YJwcmPRI-A-KH7XN-)

Sponsored by the Stigma-Free Ringwood, Ringwood Health Department, Ringwood Public Library, William Paterson University, and Atlantic Health System



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