



Stressing Out:

The Impact of Stress on Youth and Young Adults

Please join the Simsbury Community for Care
for a discussion led by Marc Lehman, LMFT and
Dr. Nicholas Pinkerton

Director; Counseling and Psychological Services University of
Hartford

The discussion will focus on stress related issues in teenagers and
young adults. Topics include school, parental pressure, college
preparation and the transition to college.

Wednesday, September 13, at 6:30 p.m.
Simsbury Public Library
Program Room

For Information please contact:
Simsbury Social Services
860-658-3283