

Press from:

The New Providence School District
356 Elkwood Avenue
New Providence, NJ 07974
Phone: (908) 464-9050
Date: October 14, 2025



For Release: TapInto

Submitted by: New Providence School District and The Mindful Generation

Subject: New Providence School District and The Mindful Generation Launch "Community Conversation" Series to Address Youth Mental Health and Screen Use

New Providence School District, in collaboration with [The Mindful Generation](#), is hosting a three-part program to support parents, educators, coaches, and caregivers in helping students thrive. This series, titled *The Anxious Generation: Community Conversations*, focuses on digital balance and mental wellness, recognizing the critical role that families, schools, and the wider community play in shaping healthy habits and resilience.

Grounded in research, including insights from Jonathan Haidt's *The Anxious Generation*, the sessions will explore how screen use, anxiety, and stress affect young people—and what can be done collectively to restore balance. Since students spend only about 25% of their waking hours in school, these conversations emphasize that solutions must extend beyond the classroom. By working together across home, school, and community, we can foster the social, emotional, and academic well-being of every child.

The first event of the three-part series will be held this Wednesday, October 15, 2025 in the New Providence High School media center at 7 p.m. All parents, guardians, educators and community members are welcome. This introductory meeting focuses on Understanding the Challenge, and includes a book summary and a discussion with our [local expert panelists](#). To submit a question for our panelists, [please use this link](#).

For more information on The Anxious Generation: Community Conversations series, please visit the [New Providence School District website](#).