



MATAWAN
ABERDEEN
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Matawan-Aberdeen Regional School District

Raymond Saada
Authorized Signature



Teen Playlist for Healing

Matawan Aberdeen Public Library

3/18/2026

7:00pm

Join Raymond Saada from the NJ Center for the Healing Arts in Red Bank for an interactive workshop that explores how listening to and making music can support emotional regulation, stress reduction, focus, and overall mental health.

Open to patrons in grades 6-12.

Registration is required.

