

# SUPPORTING TEENS IN REDUCING THEIR STRESS (AND OURS)

A Discussion with  
Psychologist, Comedian  
and Author  
Matt Bellace

**Tuesday, May 7  
6:30 - 7:30 pm**

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**Benjamin Franklin  
Middle School  
Auditorium**



**VILLAGE OF  
RIDGEWOOD**

**RIDGEWOOD  
PROUD TO BE  
STIGMA-FREE**