



SUCCEED2GETHER  
BUILDING OUR FUTURE, ONE CHILD AT A TIME

**Anxious or Stressed?**  
**Attend a Family Workshop**  
**with**  
**Succeed2gether**  
**&**  
**HackensackUMC Mountainside Doctors**  
**For**  
**Strategies to Ease Anxiety**

Mountainside Hospital doctors will provide hands-on activities to reduce anxiety and stressed. This workshop is for both parents and kids (we ask that parents stay for this talk).



**Monday, April 8, 4:00 p.m. – 5:30 p.m.**

**11 Pine Street, Community Services Center**

Please RSVP to [info@succeed2gether.org](mailto:info@succeed2gether.org) or call: 973-746-0553