

Getting Real About the Depression and Anxiety Epidemic Plaguing our Kids

We don't have to look far to see the extreme mental health crisis facing teens today. With surging rates of depression and anxiety among our youth, The Darien Depot, in partnership with the Darien Library, will host an important community event for parents and kids.

May 16th at 7 p.m.
in the Community Room of
the Darien Library.



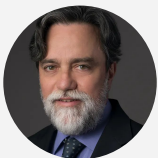
Please register in advance at <https://dariendepot.com/>



Renowned local psychiatrist Dr. Aaron Krasner
will moderate a panel discussion between:



Jim Kuczo, father of Kevin Kuczo, the 17-year-old Fairfield Warde Junior who took his own life on February 4, 2021 after a battle with depression. Jim is also the co-founder of Kevin's Afterglow.



Dr. Yann B. Poncin, MD,
a child and adolescent psychiatrist,
member of the Yale Child Study
Faculty and expert on teen suicide.



Cheryl Bundy, Director of Spiritual
Care at Silver Hill where she provides
spiritual care and grief support for
patients in residential treatment for
mental health and addiction disorders.

The objective of the discussion is to **de-stigmatize** the topics of **depression, anxiety** and **suicide**. Together, we'll spark an honest dialogue about how we can better support our kids as they grapple with escalating pressures more prevalent than ever with the rise of social media, in the wake of a global pandemic and in a high achieving community where expectations are greater than we can imagine.

This event has been generously sponsored by The Genovese Family in memory of Sean Vogel