



Berlin Peck
Memorial Library

The heart of an engaged, informed, and vibrant community.

FOR IMMEDIATE RELEASE

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PRESS RELEASE

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Berlin-Peck Memorial Library Receives Award

BERLIN, CT — The Berlin-Peck Memorial Library has been honored with a Connecticut Library Association Excellence in Public Library Service Award for their **One Book One Berlin** initiative.

This initiative was a collaborative effort with the Berlin Public Schools, Berlin Police, and Berlin Social and Youth Services with the goal of fostering community engagement and conversation around the central issues presented in the book, ***The Anxious Generation***.

Jonathan Haidt's book, ***The Anxious Generation***, is a thought-provoking book exploring the rise of anxiety and mental health struggles among young people in the modern world. Haidt, a renowned social psychologist, delves into the societal and technological shifts that have contributed to this trend, offering insights and solutions for fostering resilience.

The One Book One Berlin program began in October with staff/educator book discussions held at the Berlin High School Media Center and continued with related programming for the public through April of this year. All events and information can be found here:

<https://berlinpeck.org/obob/>.

Library Director, Carrie Tyszka states, "We are so thankful to our colleagues in town and to the enthusiastic participation of the community, both of which were essential to the success of the One Book One Berlin project. In fact, inspired by the book and the related library discussions, some Berlin parents have begun to form a committee to explore practical ways to implement some of the author's ideas within the community."