

Meet the Author

at Ridgewood Public Library



Wednesday, May 6, 2020

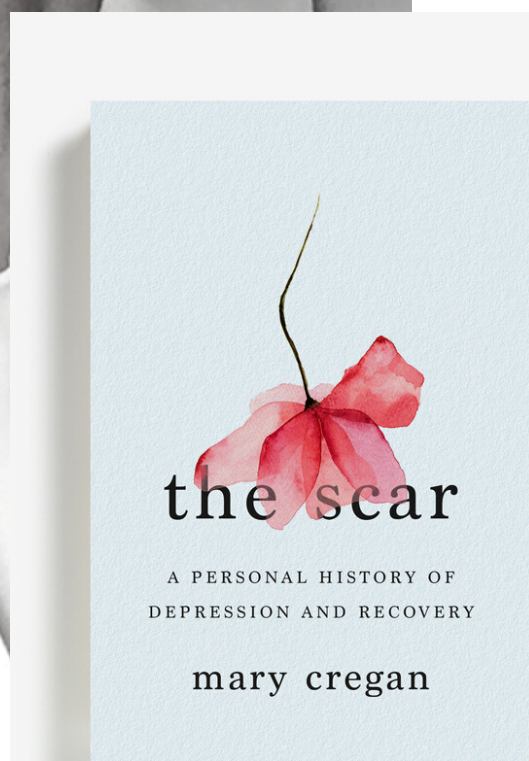
7:00pm

The Scar

by **Mary Cregan**

Depression can happen at any age. Mary Cregan tells a compelling story of her battle with depression after the death of her child. In *The Scar*, Cregan demystifies the myths and treatments that have been skewed in popular culture novels and films like *One Flew Over the Cuckoo's Nest*. This program is for older adults, young adults, and anyone affected by depression and mental illness.

With an introduction by Michael Tozzoli of West Bergen Mental Health, this powerful story will share the importance of asking for help when we most need it.



Book sale & signing to follow. Refreshments provided.

Register at www.ridgewoodlibrary.org

201-670-5600 x 103



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