



Bergen County Executive  
James J. Tedesco, III  
and the  
Bergen County Board of Commissioners  
with the  
Bergen County Department of Human Services  
Office for Children  
invite you to

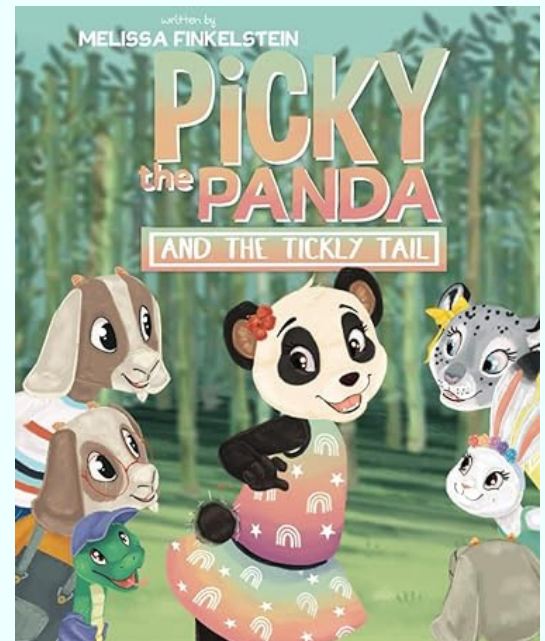


A VIRTUAL STORY TIME

# Picky the Panda and the Tickly Tail

Read by the Author,  
Melissa Finkelstein

Melissa Finkelstein is an attorney-turned-children's book author and mom of 3 based in Woodcliff Lake, NJ. Over the past year, she released the first three children's books in her "Big Feelings Friends" series, a collection of books aimed at helping kids recognize, process, and respect their own and others' big feelings. She will lead the students through breathing exercises inspired by the characters of the books, a discussion on gratitude journals and a calming strategy called a butterfly hug.



Wednesday,  
February 28, 2024  
7:00 PM - 8:00 PM

The first ten families who register to attend will receive a free copy of the book.

A Zoom link will be shared to registered participants via email upon registration.

For additional information and to register, email [mcgarcia@co.bergen.nj.us](mailto:mcgarcia@co.bergen.nj.us) or call (201) 336-7158



James J. Tedesco, III  
Bergen County Executive

Bergen County Board of Commissioners

Germaine M. Ortiz, Chairwoman • Mary J. Amoroso, Vice Chairwoman • Dr. Joan M. Voss, Chair Pro Tempore  
Rafael Marte • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur