



# MINDING YOUR **MiND**

PRESENTS IN MASSACHUSETTS:

An **IndieFlix**  
ORIGINAL documentary

# Angst

**ANXIETY DISORDERS** *are REAL, COMMON and TREATABLE.*

*....let's talk about it!*

[www.angstmovie.com](http://www.angstmovie.com)

**A new film created to open up the conversation about anxiety, and provide tools, resources & hope.**

*(Appropriate for all adults & children ages 10 and up.)*

**Q&A with Minding Your Mind's  
Jon Mattleman, counselor &  
Jenna Malley, speaker**

**Thursday, May 17**

**7:00PM – 8:30PM**

**Newton South High School**

**Seasholes Auditorium**

**140 Brandeis Road, Newton Centre, MA 02459**

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**[www.mindingyourmind.org](http://www.mindingyourmind.org)**

**FREE & OPEN TO THE PUBLIC**

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