



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

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

More info: jonmattleman@gmail.com

617.999.9885

www.mindingyourmind.org

FREE & OPEN TO THE PUBLIC

REGISTER AT: www.mindingyourmind.org/events-calendar