



# MINDING YOUR **MiND**

PRESENTS IN PENNSYLVANIA:

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  
Sheila Gillin, LCSW &  
Jon Burgwin, speaker**

**Tuesday, May 15**

**7:00PM – 8:30PM**

**ShIPLEY School**

Upper School Riely Theater

814 Yarrow Street, Bryn Mawr, PA 19010

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**FREE & OPEN TO THE PUBLIC**

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