



# MINDING YOUR MiND

HASBROUCK HEIGHTS SCHOOL DISTRICT PRESENTS:

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.  
Some scenes may trigger those who have anxiety.)

**Q&A with Minding Your Mind's  
Guy Iacono, LCSW &  
Kristen Harootunian, speaker**

**Tuesday, October 16**

**6:30PM – 8:00PM**

**Hasbrouck Heights High School  
365 Boulevard, Hasbrouck Heights, NJ 07604**

**More info: [guy@mindingyourmind.org](mailto:guy@mindingyourmind.org)  
(856) 575-1502**

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

**OPEN TO THE PUBLIC •**

**\$4 pre-registration online  
\$5 at the door**

**ALL PROCEEDS BENEFIT  
MINDING YOUR MIND**

**REGISTER AT: [www.mindingyourmind.org/events-calendar](http://www.mindingyourmind.org/events-calendar)**