



MINDING YOUR **MiND**

NEWTON AFTER SCHOOL ASSOCIATION PRESENTS:

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.
Some scenes may trigger those who have anxiety.)

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

**Monday, October 15
6:30PM – 8:00PM**

Bigelow Middle School
42 Vernon Street, Newton, MA 02458

More info: Rochelle Acker
highlandsafterschool@gmail.com

OPEN TO THE PUBLIC • \$15 Admission

REGISTER AT: www.mindingyourmind.org/event/angst-newton/