



youth  
service  
bureau

Helping youth and families learn the skills they need to be more successful at home, in school, and throughout the community.

## Youth and Family Education Sessions

### Angst Movie

*Angst film is a new documentary that shines a bright light on **anxiety and offers resources, tools, and hope.** A highlight with this film is that the children and young adults featured are openly talking about their experiences with anxiety and other mental health challenges. **Join YSB in our hope that just as the youth in this film share their candidness and bravery it will inspire our community to do the same.** Experts highlighted in the film: Jenny Howe, MS, Dr. Jerry Bubrick, Dr. Cora Bruener and Dr. Laura Kastner. **Michael Phelps is featured in the film and shares his personal journey living with anxiety.***



Free Screening opportunities:  
Audience: Ages 10 + with caring adult

#### **Tuesday, October 2**

(two showings)  
7:30AM-9:00AM  
Film screening

6:45-pm-8:30pm  
Film and Panel discussion

Host: St. Ambrose of Woodbury  
4125 Woodbury Dr. Woodbury

Register at [ysb.net/event](http://ysb.net/event)

#### **Thursday, October 4**

6:30-8:30pm  
Movie & Panel discussion

Host: Woodbury High School  
2665 Woodlane Dr. Woodbury

Register at [ysb.net/event](http://ysb.net/event)

#### **Thursday, October 11**

7:00-8:30pm  
Movie & Panel discussion

Host: St. Andrew's Lutheran Church  
900 Stillwater Rd. Mahtomedi

Register at [ysb.net/event](http://ysb.net/event)

#### **Friday, November 9**

6:30-8:30pm  
Movie & Panel discussion

Host: Woodbury Middle School  
1425 School Dr. Woodbury

Register at [ysb.net/event](http://ysb.net/event)

Additional information visit:  
[ysb.net](http://ysb.net)

Better Choices.

Brighter Futures.

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