

# Angst

RAISING  
Awareness  
AROUND  
Anxiety

Anxiety Disorders are real, common and treatable. **Let's talk about it.**

## **FREE ANGST SCREENING & PANEL DISCUSSION**

**Wednesday, January 16 | 6:30pm - 8:30pm**

56 min film by IndieFlix, followed by Mental Health Panel

Facilitated by Youth Service Bureau

**Audience:** 11+ with Caring Adult, and Community

## **ANGST OVERLOAD**

**Monday, February 4 | 6:30 - 8:00pm**

Do your teens struggle with anxiety or stress? Learn the difference between the two, how to recognize signs, and explore ways to help teens manage their stress - both in and out of school.

**Audience:** Parents, Caregivers

**Events hosted by: Cottage Grove Middle School**

9775 Indian Blvd S., Cottage Grove MN 55016

**View Trailer & Register:**  
[ysb.net/event/](http://ysb.net/event/)



**Slavin  
Memorial**



In Partnership With: