

INDIEFLIX PRESENTS

Angst

RAISING
Awareness
AROUND
Anxiety

For Dakota County families:

COMMUNITY EVENT FREE VIEWINGS OF ANGST

A 56 minute film by IndieFlix for ages 12 and up.

Trailer: <https://angstmovie.com/trailer/>

Angst is a film that explores anxiety, its causes, effects and what we can do about it. The filmmaker's goal is to have a global conversation and raise awareness around anxiety. Angst features candid interviews with kids and young adults who have had experienced anxiety and what they've learned about it.

The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools.

A question and answer session will follow the film. Parents can ask their questions to local mental health professionals. Local mental health agencies will share resources.

REGISTER ON EVENTBRITE:

<https://dc-angst-screenings.eventbrite.com>

Registration closes three days prior to event date.

DATES & LOCATIONS:

- April 2 – Eastern Region (Hastings High School)
- April 4 – Southern Region (Lakeville South High School)
- April 8 – Central Region (Apple Valley High School)
- April 15 – Northern Region (South St. Paul Secondary School)

TIME: 5:30 p.m. – 8:30 p.m.

Viewing starts at 6:30 p.m.

Resource fair held before and after the viewing

SPONSORED BY:

The Dakota County Safe and Drug Free School Coordinators and the Dakota County Healthy Communities Collaborative.

For more information contact Shannon Bailey, Dakota County Public Health at shannon.bailey@co.dakota.mn.us



Visit the Dakota County Healthy Community Collaborative Facebook page for more details.

ANXIETY DISORDERS ARE REAL, COMMON AND TREATABLE, LET'S TALK ABOUT IT!