



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:

Raising Awareness Around Anxiety

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

Wednesday, January 30th 2019

Community/Parent Viewing

6:30PM-8:30PM

Movie & Panel discussion

(Panel Members will include staff members from Youth Service Bureau Lake Middle School, Medical Professionals and Suicide Prevention Collaborative)

Host: Lake Middle School
3133 Pioneer Drive
Woodbury, MN

Will be held in the "Lake Lodge"

*Enter building at Pool/Activity Entrance

***This opportunity is being sponsored by:**

Slavin Memorial & Suicide Prevention Collaborative

Friday, February 1st 2019

Viewing for Lake Students

*Students will be viewing in Homebase Classrooms with follow-up discussions

Monday, February 4th 2019

Angst Overload Review and Follow-Up District 833 Middle Schools

6:30-8:00pm

Evaluations and Invite for Further Community Discussion

Host: Cottage Grove Middle School
9775 Indian Boulevard South
Cottage Grove, MN

Additional information visit:

<https://ysb.net/>

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Brighter Futures.

ysb.net