

INDIEFLIX PRESENTS

Angst

RAISING
Awareness
AROUND
Anxiety



IndieFlix

55 MINS - APPROPRIATE FOR AGES 10 AND UP

This is a must-see documentary on Adolescent Anxiety for every parent or primary caregiver. This event is free and open to all community members. It is co-sponsored by Lynnfield Public Schools and A Healthy Lynnfield.

Children 10 and up are welcome to attend with their parents.

OCTOBER 3, 6:30 -8:00 PM
@ LMS AUDITORIUM

PANNEL OF EXPERTS FOLLOWING THE FILM

Lindsey Shrayner, Assistant Director Counseling Center,
Endicott College

Alisha Moquin, LCSW, Outpatient Clinician, Riverside
Community Care

Lydia Rundell-Gjerde, District Special Education Coordinator,
Lynnfield Public Schools

Visit
AngstMovie.com

- Anxiety affects 30% of children and adolescents, yet 80% never get help.
- Anxiety disorders are linked with a two-fold increase in substance misuse.
- Combined therapy and medication is effective in treating more than 80% of youth struggling with anxiety.

(Child Mind Institute)

"I'm so glad my dad saw this movie. Now he knows I'm not making it up."

9-year old student

"I never knew what I was experiencing was anxiety. I am so grateful there is treatment."

18 year old college student

