

# STEP FORWARD

2 Days Dedicated to  
Navigating Youth Anxiety

**FREE EVENT**

presented by



**WHEN**

**Friday, March 6**

**Saturday, March 7**



**WHERE**

**Crosswinds Campus**

1660 Freisman Road, Livermore

**details at [zcares.org](http://zcares.org)**

THANK YOU  
EVENT SPONSORS



**FRIDAY,  
MARCH 6**

6:30 p.m.—9:30 p.m.

- \* Screening of Angst
- \* Panel discussion
- \* Meet the stars from film
- \* Hear stories of HOPE
- \* Learn coping strategies
- \* Meet & greet reception

**SATURDAY,  
MARCH 7**

9:00 a.m. - 5:00 p.m.

- \* Keynote speaker
- \* Tools to navigate anxiety
- \* Teen & Adult workshops
- \* Find local interests
- \* Learn to navigate health providers
- \* Make new friends

**Register at  
[zcares.org](http://zcares.org)**

