



MINDING YOUR MiND

HASBROUCK HEIGHTS SCHOOL DISTRICT PRESENTS:

An **IndieFlix**
ORIGINAL documentary

Angst

ANXIETY DISORDERS *are* REAL, COMMON and TREATABLE

....let's talk about it!

www.angstmovie.com

A new film created to open up the conversation about anxiety, and provide tools, resources & hope.

(Appropriate for all adults & children ages 10 and up.
Some scenes may trigger those who have anxiety.)

**Q&A with Minding Your Mind's
Guy Iacono, LCSW &
Kristen Harootunian, speaker**

Tuesday, October 16

6:30PM – 8:00PM

**Hasbrouck Heights High School
365 Boulevard, Hasbrouck Heights, NJ 07604**

**More info: guy@mindingyourmind.org
(856) 575-1502**

www.mindingyourmind.org

OPEN TO THE PUBLIC •

**Suggested Donation:
\$4 pre-registration online
\$5 at the door**

**ALL PROCEEDS BENEFIT
MINDING YOUR MIND**

REGISTER AT: www.mindingyourmind.org/events-calendar