



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

*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

Tuesday, October 2

(two showings)
7:30AM-9:00AM
Film screening

6:45-pm-8:30pm
Film and Panel discussion

Host: St. Ambrose of Woodbury
4125 Woodbury Dr. Woodbury

Register at ysb.net/event

Thursday, October 4

6:30-8:30pm
Movie & Panel discussion

Host: Woodbury High School
2665 Woodlane Dr. Woodbury

Register at ysb.net/event

Thursday, October 11

7:00-8:30pm
Movie & Panel discussion

Host: St. Andrew's Lutheran Church
900 Stillwater Rd. Mahtomedi

Register at ysb.net/event

Friday, November 9

6:30-8:30pm
Movie & Panel discussion

Host: Woodbury Middle School
1425 School Dr. Woodbury

Register at ysb.net/event

Additional information visit:
ysb.net

Better Choices.

Brighter Futures.

ysb.net