Tuesday, August 22, 2023

Two Opportunities To Join Us
Afternoon Session: 2:00 – 3:30pm
Evening Session: 6:00-7:30pm

Maple Room inside the Sherburne County Government Center
13880 Business Center Drive NW, Elk River, MN 55330

Maple Room Directions: Enter the Government Center through Door A. Go to the left, you can take the 1st or the 2nd hallway to the right. This will take you to the Atrium. Take the hallway under the clock and the Maple Room is the first room on the left.

Angst is a film that explores anxiety, its causes, effects and what we can do about it. The filmmakers’ goals are to have a global conversation, raise awareness, help normalize the conversation about anxiety and mental health, help people understand their symptoms and manage them with coping tools- AND learn when and how to ask for help. Angst features candid interviews with kids, teens, educators, parents, and mental health experts about the causes of anxiety, as well as providing help, resources, and tools.

After each viewing of the film, we will have a brief discussion about the film’s impact and what we can do to help normalize conversations surrounding mental health.

This event is intended for providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County. If you are a parent or a caregiver, we encourage you to bring your child(ren), suggested viewing age is 10+

Please join us! This is FREE but we ask that you please register using the link below as seating is limited:
https://www.eventbrite.co.uk/e/angst-film-community-showings-tickets-676682634977

This event made possible by: mnmentalhealth.org