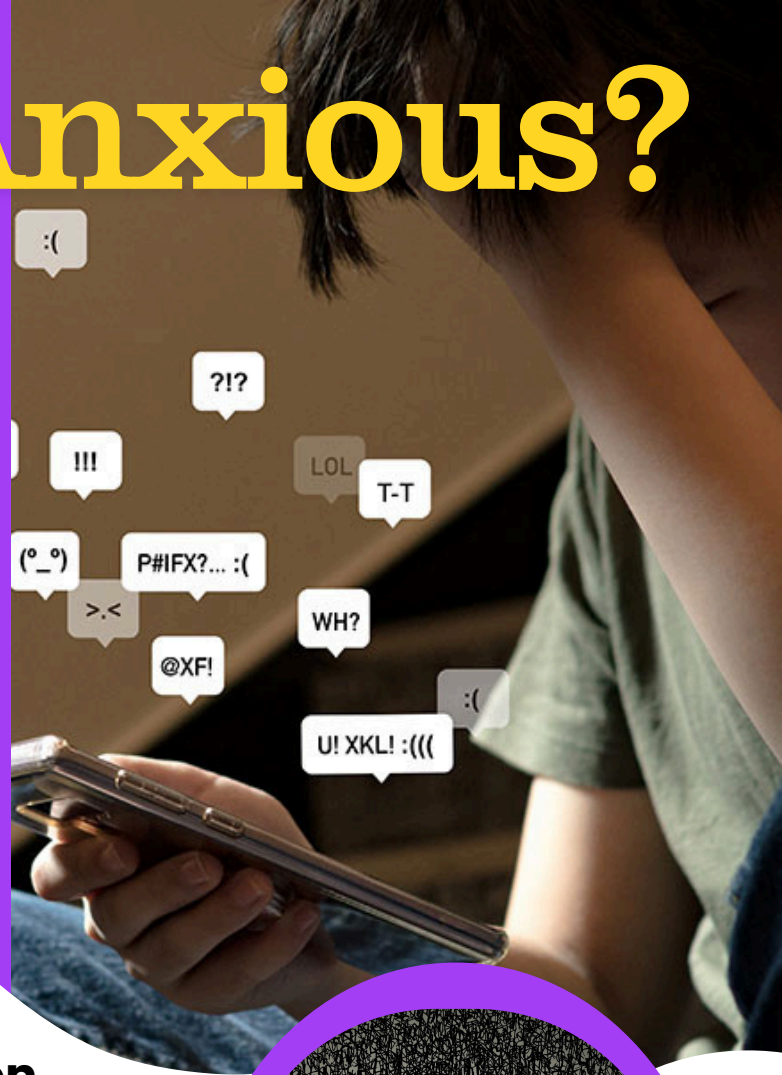


Feeling Anxious?

LET'S TALK-

A COMMUNITY
CONVERSATION ABOUT
ANXIETY

October 22, 2025
5:30–8:00 pm
Isanti Middle School



Help us open up the conversation around anxiety, build understanding, and determine when to reach out for help.

Community Members are invited to a free screening of **Angst**, a documentary designed to raise awareness about anxiety, with an emphasis on youth and families, followed by a panel discussion with youth, parents, and mental health professionals. Also, visit the Resource Fair for local information and support.

- **Pizza & Resource Fair** 5:30–6:15 pm
- **Angst Documentary** begins at 6:15 pm
- **Q & A - Panel** begins at 7 pm

For more information, contact Terri Emmons @ temmons@c-ischools.org or 763-691-8659



This event is hosted by: Isanti Middle School, Allina Health and Isanti County Public Health