

ANGST....It Gets Better!

Join us for **ANGST-It Gets Better!** a documentary to raise awareness & offer practical, take-home suggestions to help with anxiety among our students. **ANGST-It Gets Better!** Will be screened **SAT Oct 26 at St Francis of Assisi Church 5111 San Felipe Rd, San Jose 95135 from 6:30 p.m.-9:00 p.m.** The 56-minute film will be followed by a **Panel Discussion and Q&A** with Mental Health Professionals including:

- **Lisa Ayala LMFT**, Beacon School, Clinical Director
- **Yvette Frojelin, LMFT**, Presentation High School, Counselor~Learning Specialist
- **Trish Graves MSW**, Evergreen Valley High School, Counselor
- **Rex Huang MD**, Kaiser Hospital, Chief of Child Chair of Adolescent Psychology & Assistant Chief of Psychiatry
- **Bharat Sampathi MD**, Kaiser, Hospital Resident in Psychiatry, focusing on cross-cultural psychology and suicide prevention
- **Fr. Michael Syjueco MDIV, MS** (candidate) Counseling & Psychology, Associate Pastor, St. Francis of Assisi Church

ANGST is appropriate for **middle school through college age and beyond**. Parents, Grandparents, Guardians, Teachers, School Administrators, Catechists, Youth Ministers--all concerned for our youth-- are encouraged to come. Participants will receive a **take-home guide** to continue the discussion with family, friends and at school. **ANGST-It Gets Better!** is poignant, humorous, and practical. It offers real-life interviews with students and mental health experts and also **strategies for living with anxiety and thriving**.

FREE. Questions: **408.223-1562**. Register by **FRIDAY OCY 25** thru Eventbrite

<https://www.eventbrite.com/e/angst-it-gets-better-documentary-screening-tickets-72550986955>