



# Angst-Anxiety & Our Youth

**THURSDAY**  
**FEBRUARY 22, 2024**  
**5:30 PM–7:30 PM**

**Human Services Building**  
**Conference Room 1**  
**27 Warren Street**  
**Somerville, NJ 08876**

## PRESENTERS

**Nicole Del Duca MA, LAC**

**Kevin Dyches BA**  
*of Tri County CMO*

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*\*Registration is required.*

**The deadline for registration is**  
**Thursday, February 15, 2024.**

**For questions, please call**  
**(908) 704-6300**



<https://tinyurl.com/2p9p2437>

*Angst* is a film-based program designed to raise awareness around anxiety. Angst aims to remove the stigma and open the conversation about mental health, helping our youth and their families understand that a certain amount of anxiety is healthy and when to recognize when it's too much. The film includes interviews with kids, teens, educators, experts, parents, and a very special interview with Michael Phelps. Our program includes tips to recognize symptoms and encourages when to reach out for help.

This workshop will include a film viewing of approximately 55 minutes, along with discussion and Q&A. It is open to both adults and youth. Families are encouraged to attend. This workshop is in collaboration with the Somerset County Department of Human Services and Tri County CMO.

