

# Jewish Community Center's **OPENING THE DOORS PROGRAM** Celebrates Jewish Disability Awareness and Inclusion Month



## ANGST: RAISING AWARENESS AROUND ANXIETY

Families, Teens, Teachers and  
Mental Health Professionals Welcome

**A Documentary Film followed by  
Panel Discussion and Dessert**

*Featured on Today, ESPN, NBC*

**Sunday, March 18, 2018**

**Adat Shalom Synagogue**

**Farmington Hills**

**Registration: 6:00 p.m.**

**Film: 7:00 p.m. (followed by  
panel discussion and dessert)**

**Cost: \$5**



**A**ngst explores the causes of anxiety, its effects and what we can do about it. The film includes interviews with kids and young adults who suffer, or have suffered, from anxiety and what they have learned about it. Discussions with mental health experts, resources and tools are provided. Interview with Michael Phelps is also included.



**Panelists pictured (left to right)**

**Lori Blumenstein-Bott, MSW, LMSW**  
Executive Director  
The Andrew Kukes Foundation for Social Anxiety

**Rabbi Yarden Blumstein,**  
Teen Director, Friendship Circle



**Perry Ohren, MSW**  
Chief Executive Officer, Jewish Family Service

**Jeremy Baruch, M.D.**  
Psychiatry resident at Michigan Medicine, Rabbi and  
Consultant, Federation's Raising The Bar Program



**Jessica Purtan Harrell, Ph.D.**  
Licensed Clinical Psychologist

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A SPECIAL THANKS TO OUR PARTNERS  
FOR SPONSORING THIS EVENT:

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**Mary Must**  
**Madelon Seligman<sup>z</sup>**  
**& Lou Seligman**

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**Anita Naftaly Family Circle Fund**

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**Questions? Contact Shoshana  
Baruch at 248-432-5543  
or email sbaruch@jccdet.org**

**For more information or to register: [jccdet.org/jdaim](http://jccdet.org/jdaim)**