



September 15, 2018
Piedmont Park

Feel Good Fest Welcomes all Teens and Parents Dealing with Anxiety.

The Anxietyinteens.org is non-profit organization whose main purpose is to help teens and parents who have teens that deal with anxiety. They provide multiple helpful resources including articles, videos and other posts. All are orchestrated through organization and written by teens and parents who have dealt with anxiety directly and indirectly.

Anxietyinteens.org organization's goal is to spread awareness and help others deal with anxiety. It was created with the purpose of helping teens struggling with anxiety. The organization bases themselves off of first- hand accounts. Overall the organization was produced to help those with anxiety and to provide ways to reduce and to let teens with anxiety know they are not alone.

The FeelGoodFest was organized with intent to encourage teens and families to enjoy themselves, share stories, and learn more about anxiety. The Festival will be held at Piedmont Park in Atlanta, Ga on September 15, 2018 from 11am-8pm. Multiple activities and speakers will be at the Park to help educate visitors. Food and music entertainment will be present as well. Speakers including the founder, other teens, Dr. Betsy Beckham, Mr.Boylum, John Zumel, Brian Zelino, and Dr. Blankenship will share their experiences with anxiety and give tips on how to deal with anxiety.

Anxietyinteens.org has article posting on their website; which is full of helpful tips and practices that can help reduce anxiety in teens. These articles are written by teens; who have dealt with anxiety. Where they are able to share their experiences and how they overcame their anxiety. Parents are also included and they can write articles that can help other parents dealing with teens that have anxiety. Along with articles the organizations websites includes videos off of youtube where they interview the authors behind the articles, which can be more helpful to those using the site.

The website also includes their social media outlets, which makes it easy for teens and parents to stay updated with articles and videos from the site. Their social media outlets, includes instagram, facebook, twitter, and tumblr. Through these social media platforms, users are be able to contact the organization an they will be able to receive announcements, get motivating posts and be a participant in the organization. Not only does Anxietyinteens.org have social media connections, a person or business interested in the organization can become a volunteer or sponsor. One specific partnership with the organization is with the Learning Through Service (LTS). Which allows for teens to deal with their anxiety in productive ways. Along with (LTS) other partnerships and sponsors help raise money that will be donated, the site offers other opportunities for participants,

such as the 5k run. Where run in a national marathon in Minnesota. They also allow 5k runs to be held in others cities to get teens from all over the country to participate. The organization was started by, founder and executive director Solome Tibebu. Struggling with anxiety leaves Tibebu with first-hand experience when it comes to anxiety. While dealing with anxiety and overcoming it, she became inspired to work with others to help other teens and parents across the country. Her organization has helped countless teens struggling with anxiety. Her and the organizaton's main mission is to educate, help those dealing with anxiety, to let them know that it is a serious condition, and that they are not alone.

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