

WEEKEND ROUNDUP

5 Things to Do This Weekend

Our critics and writers have selected noteworthy cultural events to experience virtually and in person in New York City.



Kat Dolan in her short film “Nobody but Myself,” which will stream on Friday as part of the 2021 Changing Minds Young Filmmaker Festival. Credit...via Kat Dolan

KIDS

Focused on Feelings

Adolescence is often difficult, and for those experiencing it, asking for help can be harder still. On Friday from 6 to 8 p.m. Eastern time, the [2021 Changing Minds Young Filmmaker Festival](#) will address those challenges with short works that focus on mental health.

Presented by [Community Access](#), a Manhattan nonprofit, this free virtual program will feature the festival’s winning film — [Kat Dolan](#)’s “Nobody but Myself” — and seven finalists. The movies, which were selected from more than 700 submissions by directors ages 15 to 25, explore subjects like anxiety, body image and attention

deficit hyperactivity disorder. Dolan’s project portrays depression as an intimate companion, while Naeela Djemil’s “Petrichor” depicts how it affects a young Muslim woman.

[Shadille Estepan](#), the communications and outreach manager for [Born This Way Foundation](#), a youth initiative co-founded by Lady Gaga, will moderate a concluding Q. and A. with the filmmakers. Streaming on [event.gives](#) and on [Facebook](#), the entire program will also be accessible afterward on Community Access’s [Instagram](#) page and [YouTube](#) channel.