



Angst

RAISING Awareness AROUND Anxiety

West Springfield Pyramid Parent Night: Anxiety Awareness

Wednesday, November 13, 2019

7:00— 8:30pm (Doors Open at 6:30pm)

West Springfield High School Auditorium

Featuring a *free* screening of the documentary ANGST.

Following the screening, there will be a short *panel discussion* with mental health experts.
A *resource fair* will be open before and after the screening.

Angst: Raising Awareness Around Anxiety

An IndieFlix Original Documentary

Screening begins at 7:00pm

Recommended for all parents of students in grades K-12,
teachers, persons that work with children/teens,
and students 6th grade and up.

Angst is a 56-minute, eye-opening documentary that explores anxiety, its causes, effects, and what we can do about it. The film features kids and young adults affected by anxiety, mental health experts, and Olympic athlete and mental health advocate Michael Phelps, in opening up the conversation and providing hope around a topic many find difficult to discuss.