

Alameda Family Enrichment Speaker Series

Presented by Alameda Unified School District and PTA Council

An IndieFlix original documentary

Angst

Anxiety Disorders are Real, Common and Treatable

Anxiety isn't cool, but talking about it is.

Angst is a 56-minute film that explores anxiety, its causes, effects and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety. Angst features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it.

The film includes discussions with mental health experts about the causes of anxiety, its sociological effects and how to get help.



**Wednesday, March 21, 2018
7 - 8:30 p.m.**

**Alameda High School
Little Theater
2200 Central Ave, Alameda**

**For parents, caregivers, educators
and students 11 years and older**

Free (\$10 suggested donation)

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Families, educators, students, employees and members of any community will benefit from this film.

Appropriate for age 11 years+. Under age 11 viewer discretion advised.

Angst website and trailer:
<https://angstmovie.com>

Alameda PTA Council
PTA
everychild.onevoice.®

AUSD
ALAMEDA UNIFIED SCHOOL DISTRICT
Excellence & Equity For All Students

More info and RSVP:
<http://bit.ly/SpeakerSeriesRSVP>