## 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.

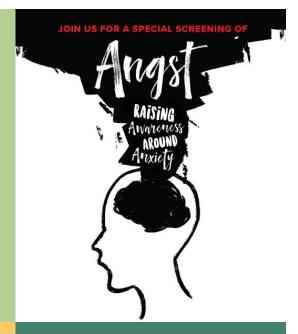
The film includes discussions with mental health experts about the causes of anxiety, its sociological effects and how to get help.

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





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