



6:30 PM | February 6 | Mercer Island High School

Angst: RAISING AWARENESS AROUND ANXIETY



The Angst project is a documentary that looks at anxiety, its causes and effects, and what we can do about it. With an emphasis on youth and families, the film features interviews with kids, teens, experts and parents. Youth and young adults offer intimate, honest and accessible perspectives on suffering from and managing anxiety. Experts highlight research and offer tools and resources that provide hope. Resource fair 6:30 with film screening at 7 followed by a panel discussion.

Audience Guidance: Families, educators, students and community members will benefit from this film. Appropriate for age 11 years+. (Under age 11 viewer discretion advised). Film length is 55 minutes.

FOLLOW-UP EVENT

Anxiety and Our Kids: Join the Discussion

6:30 PM, February 13, Mercer Island Library

Mercer Island Youth and Family Services counselors will facilitate discussions about anxiety that began after the viewing of the film *Angst*. Find out more about preventing and addressing anxiety with parents and counselors grouped by elementary, middle and high school age levels. Counselors will answer questions, offer resources, and we will discuss ways to address anxiety together as a community.

All parents welcome. No students please. www.miyfs.org

IndieFlix

Presented in partnership with Mercer Island Youth and Family Services, Friends of Mercer Island Library and Mercer Island Parent Edge.

FREE EVENT! Register to attend at [Eventbrite.com](https://www.eventbrite.com) (search Mercer Island, Angst)

Jointly sponsored by the PTAs of MIHS, IMS, Island Park, Lakeridge, Northwood, West Mercer & MIPA.