



**BREAKING THE STIGMA AROUND ANXIETY**



## **Angst–Film Documentary & Discussion**

A look at anxiety, its causes and effects, and what we can do about it. Angst features interviews with kids and young adults who suffer from anxiety, and what they've learned. The film includes experts who help people **manage their anxiety**, and focus on researching **its causes and sociological effects**, while offering tools and resources that **provide hope**. The project explores a conversation about anxiety from a peer-to-peer standpoint that is intimate, honest and accessible. Q&A follows with experts who answer questions and treatment options for anxiety.

**For teens, tweens AND PARENTS**  
(recommended for ages 12 and up)

Sponsored by



# **Angst**

**Film Documentary, Q&A**

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**Wed, Jan 24<sup>th</sup> 7-8:30pm**  
**Issaquah HS Theater**

**OR**

**Tue, Jan 30<sup>th</sup> 7-8:30pm**  
**Liberty HS Theater**

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**Register at**

**<http://ParentWiser.org>**

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**Free for PTSA members of Issaquah schools, non-members \$10 donation**

**Followed by expert  
Dr. Laura Kastner  
featured in Angst  
on Feb 7<sup>th</sup> !  
[Register now!](#)**