



Indian Creek School is pleased to announce the showing of *Angst*, a film about the growing mental health concern of childhood and adolescent anxiety.

The PTO, in conjunction with the ICS Guidance Department present Parent Education Session:

## *Angst*

**A film about the growing mental health concern  
of childhood and adolescent anxiety**

**Thursday, March 28**

7:00 - 9:00 p.m.

Jack & Nancy Becker Center for the Performing Arts at  
Indian Creek Upper School

Film screening of *Angst* followed by panel discussion  
Light refreshments will be provided.

We hope you will join us for the screening of this 56-minute film followed by a panel discussion featuring local mental health providers and other experts in the field. Mental health resource providers will also be on hand prior to the showing of the film to answer questions and discuss further student/family supports.

The film provides a window into the struggles and triumphs of living with anxiety as an adolescent. It includes interviews with students, who share their unique stories and the ways in which their anxiety is expressed. Parent/caretaker interviews and perspectives are also included in the film, providing a realistic look at the challenges they face in recognizing and decreasing their adolescent's pain.

The filmmakers successfully present the reality of the condition without sensationalizing it; the approach is sensible and empathetic.

Want to learn more about the film?

Clips and information about the making of *Angst* can be found here. <https://angstmovie.com>

*Angst* has been brought to Indian Creek by student request.