

What does anxiety look like in children and teens? How can we as a community help?

FREE Film & Discussion

Angst



Parents and guardians are invited to a free documentary screening and panel discussion around anxiety in youth. This 55-minute film features candid interviews with children and young adults who struggle, or have struggled, with anxiety — including Olympic swimmer Michael Phelps. This film explores the causes, symptoms and effects of anxiety and stress, and encourages youth and their families to seek help. Middle and high school students are invited to attend with a parent or guardian. Each film screening will be followed by a discussion and Q&A with local experts.

Join us at one of these dates (film begins at 6:30 p.m.):

Howard High School – Tues. April 2
8700 Old Annapolis Rd, Ellicott City, MD 21043

Glenelg High School – Tues. April 9
14025 Burntwoods Rd, Glenelg, MD 21737

Hammond High School – Thurs. April 4
8800 Guilford Rd, Columbia, MD 21046

Mt. Hebron High School – Wed. April 10
9440 Old Frederick Rd, Ellicott City, MD 21042

RSVP Online Now: <http://bit.ly/AngstReg>

