



Parent Education Resources and Events  
*presents*

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## Documentary Screening

# ANGST

**Tuesday, March 20, 2018**

**Time: 7pm - 8:30pm**

**Fisher Middle School Multipurpose Room (MPR)  
For Parents and Children, 10 and older**

**RSVP: [bit.ly/AngstScreening](http://bit.ly/AngstScreening)  
Admission is Free!**

**OVERVIEW** Angst is a 56-minute film that explores anxiety: its causes, effects and what we can do about it. 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 and its sociological effects, as well as help, resources and tools. The filmmakers' goal is to have a global conversation and raise awareness around anxiety.

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**THE PARENTING CONTINUUM** is a community alliance empowering parents to nurture the whole child and the whole family; focusing on providing parent education and resources to parents of children in grades K-12. We are a group of volunteer parents who care and who want to bring awareness, support, and resources to support the navigation of our parenting journeys.

[www.parentingcontinuum.org](http://www.parentingcontinuum.org)  
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