

**March 4, 2019**

Dear Parents / Guardians: Riverside Brookfield High School is excited to present a parent and community viewing of the award-winning documentary, ANGST on Tuesday April 9<sup>th</sup>, in the RBHS Auditorium at 7 pm.

## **About the film**

Angst is a 56-minute film and virtual reality experience that explores anxiety, its causes, effects and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety. 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.

## **About the Screening**

RBHS will provide a free viewing of ANGST to any parent or community member within the surrounding area. Freshmen students will view the documentary during the day, however all students are encouraged to attend the evening screening. **There is no charge for this event however ticket reservations utilizing the following link are mandatory.**

[ANGST- Ticket Reservation Link](#)

A talk-back session directed by RBHS Assistant Principal Dave Mannon will be held for approximately 30 minutes following the movie. We look forward to a very engaging and thought provoking evening surrounding the topic of anxiety and what we as a school community can do about it.

If you have any question regarding this event, please do not hesitate the contact Dave Mannon at [mannond@rbhs208.net](mailto:mannond@rbhs208.net).

Thanks

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