“Angst: Raising Awareness around Anxiety”. is focused on breaking the stigma around anxiety and encourages healthy conversations about mental health. Throughout the film, viewers will hear from students who discuss their experience with anxiety, how it impacted their lives, and how they found solutions and hope.

Registration is required and limited to the first 500 participants. Those registered will receive a link and a resource guide on the morning of November 11th. The link will be live until 5:00 PM on November 12th.

Registration: https://bit.ly/3DBog2x

This workshop will not be recorded but resources can be found on the Parent Resources Services webpage:

https://bit.ly/3uf2K0j