

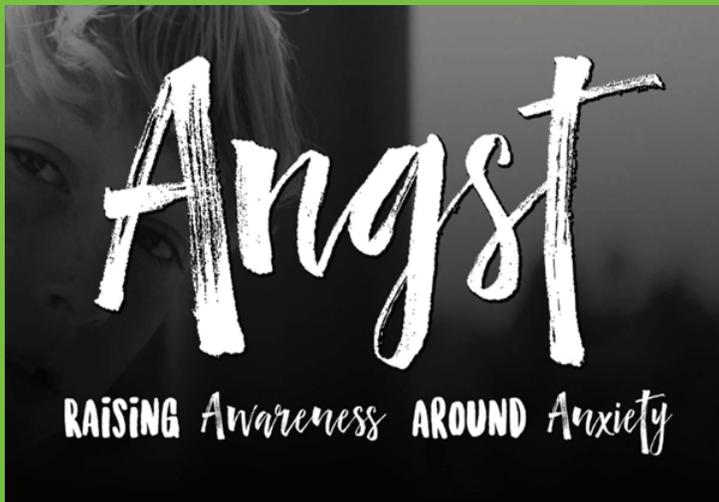
ST. JOHN'S
EPISCOPAL SCHOOL

ST. JOHN'S

Parent Education

SPEAKER SERIES

Angst is a 56-minute documentary designed to raise awareness around anxiety with an emphasis on youth and families. Through first-hand accounts and expert commentary, the film leads you with great care through the many facets of anxiety – its causes, effects and what we can do about it. The kids, teens and parents in the film describe their suffering with openness, grace and courage. Olympian Michael Phelps also appears in Angst to share his story of being bullied and depressed, leading to severe anxiety. Anxiety is a growing epidemic with too many kids and teens suffering from bullying, perfectionism, panic, obsession, and often, hopelessness. We encourage you to come view this film.



Where: St. John's Episcopal School
848 Harter Rd, Dallas 75218
Clements Hall

When: November 13, 2018
6:30 - 8:00 p.m.
Q&A to follow after film

Who: Open to St. John's and our
local community

To reserve your seat, go to www.stjohnsschool.org/parent_education.