



Vestal Central School District

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Vestal Central School District and community partners to host "Angst: Raising Awareness Around Anxiety"

Area parents and community members are invited to a special screening of **"Angst: Raising Awareness Around Anxiety,"** an hour-long documentary about the ways that anxiety affects children's lives, on Monday, March 11, 2019. The goal of this evening is to promote wellness and resiliency in our children by raising awareness of this important topic and providing parents with access to community resources and supports. The free screening is hosted by the Vestal Central School District, through a grant from the Vestal School Foundation, and with support of district and community sponsors.

Free child care is offered, and before the screening, free dinner is offered at 5 p.m. with an opportunity to explore community resources. The screening of **"Angst: Raising Awareness Around Anxiety"** will begin at 6 p.m. in the Vestal High School Auditorium.

After the screening, we will host a panel conversation with local experts, and our special guest, "Angst" filmmaker Scilla Andreen. Community resources will continue to be available in the Vestal High School lobby from 8 - 8:30 p.m.

Those interested in attending all or part of this evening are respectfully requested to register online at <https://www.vestal.stier.org/Angst%20Screening.aspx> by March 4, 2019. Or, you can call the Vestal High School Main Office, 757-2281, between 8 a.m. and 3 p.m. weekdays to register.

Anxiety disorders are real, common and treatable... Let's talk about it!

The Vestal Central School District would like to thank its co-sponsors for this informative evening – the Vestal School Foundation, B.C. SAFE (Broome County Suicide Awareness for Families and Educators), the Mental Health Association of the Southern Tier in conjunction with DIFD (Do It For Daron), the Vestal District Council and the Mental Health Association of New York State and its mission (Supporting Mental Health and Wellness in Schools).