

live WISE live HEALTHY

RICHARDSON ISD

Join us for Parent and Staff Education Night

We are offering two showings of the *Angst* Documentary

November 29, 2018 at 6:30 p.m. – BHS Auditorium

December 11, 2018 at 6:30 p.m. – RHS Library

Berkner High School Screening

- Date: November 29, 2018
- Date: 6:30 p.m.
- Date: BHS Auditorium

Richardson High School Screening

- Date: December 11, 2018
- Date: 6:30 p.m.
- Location: RHS Library

Cost: Free

Open to all learning communities, appropriate for parents, educators, and students- middle school and high school.



Angst: Raising Awareness Around Anxiety

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they've found solutions and hope. The film also includes a special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition