

I'm excited to let you know that Royal Bay Secondary will be hosting a FREE public screening of the film *Angst* on Wednesday, May 30th at 7 p.m. in our Teechamitsa Theatre.

- *Angst* is a 56-minute film 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.
- Appropriate for age 11 years+ (under age 11 viewer discretion advised).
- This is especially good timing, given that May is Mental Health Awareness Month.

I would really appreciate it if you could pass this information along to your school community. The more students and parents that attend, the better. To help you with this, I've attached a promo poster that you can easily distribute.

Kind regards,

Robert McAllister
Teacher (Social Studies and Psychology)
Royal Bay Secondary School