

# Free Movie Presentation

IndieFlix presents



# Angst

BREAKING  
THE Stigma  
AROUND  
Anxiety

Hosted by:

JMIS, Camino Pablo, Los Perales, & Rheem PTAs

The Moraga iKind Project and the JM iKind Committee

The Diversity Committee of the Acalanes Union High School District

Angst: Breaking the Stigma Around Anxiety is a documentary that looks at anxiety, its causes and effects, and what we can do about it. Angst will feature interviews with kids and young adults who suffer or have suffered from anxiety, and what they've learned. The film also includes experts charged with helping people manage their anxiety, and those who focus on researching its causes and sociological effects, while offering tools and resources that provide hope.

The project will explore a conversation about anxiety from a peer-to-peer standpoint that is intimate, honest and accessible.

Families, educators, students, employees and members of any community will benefit from this film (appropriate for age 10 years+).



Anxiety  
ISN'T  
COOL BUT  
Talking  
ABOUT  
IT IS.

**October 18<sup>th</sup>, 2017 7PM**

**Campolindo Performing Arts Center**

(Free) RSVP info at [www.moragaikind.org](http://www.moragaikind.org)

Followed by a Student Discussion Panel.

**iKind** MORAGA

*Finding the good in everyone.*

## Free Movie Presentation of "Angst"

This film is suitable for ages 10 and above. The movie will be followed by a Student Discussion Panel.

### Film maker Comments:

The film is reflecting what we see. Anxiety is the precursor to so many mental health challenges. By opening a dialogue and normalizing (not trivializing) anxiety we can help each other and ourselves. In the process we may positively affect homelessness, addiction, suicide and a host of other issues.

Spread the word. Believe change is possible. These screenings bring kids, parents, and educators together to talk about this universal issue, share personal stories, and provide resources and tools. There is power in solidarity. The more you share, the more we connect. Share this film in your community because watching it alone on your couch does not create the same effect as watching it with others.

When: Wednesday, October 18, 2017 from 7:00 PM to 8:30 PM (PDT)

Where: Campolindo Performing Arts Center - 300 Moraga Road, Moraga, CA 94556

## C.A.R.E. Program

The Moraga School District and the Moraga iKind Project will be implementing the C.A.R.E. program developed and used by the Acalanes Union High School District. Adopting existing and new programs under a common theme will provide a K-12 and community wide solution and promote opportunities for the entire community to work together.

### Compassion

Quarter of Compassion (August-October) ✨ Disability Awareness and Social Exclusion  
October is Bullying Prevention Month

### Acceptance

Quarter of Acceptance (November-January) ✨ Homophobia/Gender Spectrum

### Respect

Quarter of Respect (February-March) ✨ Racism and Religious Intolerance

### Equality

Quarter of Equality (April-June) ✨ Sexism/Sexual Harassment and Classism

## The Moraga iKind Project:

The mission of the Moraga iKind project is to promote **kindness** and **courtesy**, to foster **courage** and **bravery**, based on the belief that **empathy** and **inclusion** constitute the foundation on which community is built.

Website: [www.moragaikind.org](http://www.moragaikind.org)