



FILM SCREENING & PANEL DISCUSSION

The Angst project is an IndieFlix Original documentary that explores anxiety, its causes, effects, and what we can do about it, with an emphasis on youth and families. Please note this is an adult-only screening and is intended for parents of Eastlake High School and Inglewood Middle School. Panel discussion to follow the screening.

This film and discussion are brought to you in partnership by: Sammamish Family YMCA, Sammamish Library, Inglewood Middle School, and Eastlake High School. This event is free to attend, but RSVP is suggested.

GO TO WWW.SHOWCLIX.COM/EVENT/ANGST-IN-SAMMAMISH TO RSVP.

IndieFlix presents

Angst

RAISING
Awareness
AROUND
Anxiety

Wednesday
March 7
7:00pm

EASTLAKE HIGH SCHOOL
400 228th Ave NE
Sammamish, WA 98075

PANELISTS

Scilla Andreen
Filmmaker

Scott Paul
Counselor,
Inglewood Middle School

Allora Tvedt
Mental Health Therapist,
Sammamish YMCA

MODERATOR

Corinne Immel
Eastlake Counseling
Department Chair



FOR MORE INFORMATION

Allora Tvedt
atvedt@seattleyymca.org
P 206 437 7772

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**