



Parents/Guardians and Students (age 10 & up) are invited to a
Buckeye Union School District Parent Education Opportunity

A Community Screening of the IndieFlix Documentary

Angst: Raising Awareness Around Anxiety

When: Tuesday, January 31st

6:30-8:00 PM



**Where: Rolling Hills Middle School Multi Purpose Room
Address: 7141 Silva Valley Parkway, El Dorado Hills**

**RSVP
HERE**

Anxiety disorders are the most common mental health challenges in the U.S. but they are highly treatable. Our hope in sharing this film is to raise awareness about how to identify and understand the symptoms of anxiety as well as resources and tools to help.

Following the screening, there will be a Q&A led by
Rebecca Simmons, MFT and
Dr. JoAnna Shepherd.

