



at the Movies

Knowledge is the Key



February 28, 2018
at 7:00 PM
Roberts
CHATHAM CINEMA

Is anxiety affecting you and the people living in your community? Are you a teacher who sees many students dealing with stress or a parent with a child experiencing anxiety? Help break the stigma around anxiety and get the discussion started today. Angst is a 56-minute film that explores anxiety, its causes, effects and what we can do about it.

**FREE
ADMISSION**

The film will be followed by a panel discussion featuring local experts who specialize in helping children and teens deal with stress and anxiety.

Recommended audience age:
Middle school with a parent. High school and up.



Madison Chatham Coalition
Empowering and Educating youth to make and keep healthy lifestyle choices

Seating is limited.

Go online to angstmovie.com to reserve your seat. Go to "Find A Screening" then "Chatham, NJ" for your free ticket.

For questions, email **Municipal Alliance of the Chathams** at chathamacc@gmail.com