
On March 20th, 2024, the School District of Washington will be showing the movie Angst to all Washington High School, Washington Middle School and 6th grade students.

- The Angst movie is 46 minutes long
- Presented in your child's classroom, during the school day of March 20th.
- The movie Angst discusses the challenges of anxiety from an adolescent's perspective
- Provides solutions & practical strategies to manage stress & anxiety.
- The purpose of showing Angst is to raise awareness about anxiety.
- Provide education, tools and strategies to our SDOW Community, when facing anxiety.



Additional resources are available for anxiety support, such as videos, articles and community resources. Visit this link or scan the QR code for resources.



Here's How to Watch the Film:

WHS Theater- March 20, 2024, 6:00 pm

Login & View at Home anytime

6:00 am, March 20th - 11:30 pm, March 21st

Visit this site to login:

<https://cct.impactful.co/angst/watch.html?id=schooldistrictofwa>

Login/email: schooldistrictofwa@impactful.co

Password:

schooldistrictofwa

Questions?

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*The film is no longer available after 11:30 pm on March 21, 2024