



**THE ADHD Resource Group of Northern Virginia Shines the Light on Anxiety
with Must-See IndieFlix Documentary,
“ANGST: RAISING AWARENESS AROUND ANXIETY”**

NEW FILM CREATED TO START COMMUNITY CONVERSATIONS ABOUT ANXIETY & PROVIDE TOOLS, RESOURCES & HOPE SCREENS ON OCTOBER 19TH AT GMU’S JOHNSON CENTER CINEMA

August 15, 2018 -- [IndieFlix](#), a leading independent online streaming platform, along with its non-profit arm, the [IndieFlix Foundation](#), is sparking a global conversation about anxiety through screenings of its brand-new documentary, “[Angst: Raising Awareness Around Anxiety](#)”. On October 19th, the ADHD Resource Group of Northern VA, in collaboration with GMU’s Division of Special Education and Disability Research, will hold two special screenings of the documentary at the Johnson Center Cinema at George Mason University to open up a dialogue between students, professors, local families, community leaders and experts. The event will feature a viewing of the 56-minute film, followed by an informative panel discussion, led by Mary Guckert, Ph.D. featuring professionals supporting and treating those diagnosed with Anxiety disorders. The discussion in the morning includes handling anxiety and trauma in the classroom. The evening panel discussion will include the impacts of Anxiety on children and teens along with strategies that provide solutions and positive outcomes. Tickets are available now and seating is limited! The Angst screening will be held at George Mason University, Johnson Center Cinema (lower level) on Friday, October 19th at 10:00 am and at 6:00 pm Tickets are available here:

10:00 am showing- <https://www.showclix.com/event/angstgmujc1>

6:00 pm showing- <https://www.showclix.com/event/angstgmujc2>

Part of the beauty of this film is the openness of the children and young adults featured; for some of them, the “Angst” project marks the first time they are publicly sharing their experiences with anxiety. Anxiety disorders are the most common mental health challenge in the U.S., impacting 54 percent of females and 46 percent of males, with age seven being the median age of onset, according to the World Health Organization. While anxiety disorders are highly treatable, only one-third of those suffering receive treatment. Everyone involved in the development of “Angst” has a personal experience with anxiety – from the producers to the interviewees.

The ADHD Resource Group of Northern Virginia is grateful to have the support of the following generous donors who have made this special screening event possible: Fusion Academy, Tyson’s and The Ross Center for Anxiety and Related Disorders. For more information, contact Catherine Adams, President of the ADHD Resource Group at adhdgrp@verizon.net