



Behavioral Health Innovators, Calmer Choice
& Harwich Youth Services
present a special event:

ANGST, THE FILM & Panel Discussion

Angst is a 56-minute film that explores **anxiety**, its causes and effects, and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety.

Thursday April 12th at 6:30 pm
Monomoy Regional High School
75 Oak St, Harwich MA 02645

Panel discussion to follow:

- Emily Hamilton, student from Plymouth High School
- Sheila House, MS, LMHC, Harwich Youth and Family Services
- Adria Kennedy PMHNP-BC, Director of Programming, Calmer Choice
- James P. D. McGuire, MD, Board Member, National Alliance on Mental Illness
- Mary Beth Schoening, President, Behavioral Health Innovators, Inc.



This event is **FREE** but donations are accepted.
Registration is optional but recommended.

<https://www.showclix.com/event/angst-at-monomoy-regional-high-school>

