



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 12<sup>th</sup> 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>

