



Angst

Back to School, Now What?



Description:

A mix of nervousness and excitement fills the air for students, school staff, and families alike. Whether it's students anticipating meeting their new teachers, educators planning their lessons for the year, families adjusting their schedules, or school leaders making last-minute hires, this time is filled with **balancing responsibilities and experiencing transitions.**

But we don't have to do it alone! Join us Wednesday, October 4th, at 6 PM (PST) for a viewing of the award-winning film *Angst* (43 minutes) followed by a candid conversation with Dr. Michele Bowers, Kat Pastor, and Scilla Andreen.

We will share practical tips and tools to address mental health from the classroom to the living room and everything in between.

FREE Webinar
Wednesday
October 4, 2023
6:00 PM (PST)

You'll also see how to watch the full film, at no cost. You'll have access for the entire school year! Plus, you'll receive discussion guides, tips and tricks, and resources to continue the conversation about mental health.

We hope to see you on October 4th!

[Registration Link:](https://cascd.org/event-5416745)

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