



# Angst

February 2022

Dear Families of Tuolumne County

The Angst: Building Resilience program is a new resource to support student wellness this school year. This program is supported by the California Department of Education (CDE), INDIEFLIX Foundation, CalHOPE, and Blue Shield of California.

The film includes interviews with kids, teens, educators, experts and parents.

The program:

- Directly addresses anxiety, its causes, and solutions
- Help students develop resilience, strength, and emotional well-being
- Provides strategies to help deal with the mental health impacts of COVID-19.

This program is available to all California public and charter, middle and high schools throughout the 2021-2022 academic year, ending June 22, 2022. As part of this program, the 43-minute film, Angst, is also available to California residents for viewing on the first and third Wednesday of each month from 3pm-2am. The Tuolumne County Superintendent of Schools Office will be hosting a community discussion panel and Q & A via zoom following the March viewing access dates.

March family access dates are on the 2<sup>nd</sup> and 16<sup>th</sup>. The discussion panel will be held on March 21, 2022 from 5pm-6pm, parents/guardians and students welcome!

Register [HERE](#) to view the film.

March 21, 2022 community discussion panel link will be available the week prior.

If you have any questions, or would like to submit questions for the panelists in advance, please email Nena Bauman at [mbauman@tcsos.us](mailto:mbauman@tcsos.us).

For information about the program, go to: <https://www.indieflix.com/california>.

