

GREAT INTERVIEW AND PHOTO OPPS: WE INVITE YOUR COVERAGE!

Check out the *Angst* [trailer!](#)



IndieFlix
ORIGINAL



Z-Cares Hosts Special Screening of *ANGST* to Provide Tools, Resources and Hope to Kids & Families Struggling with Anxiety Followed by a Live Event to connect families with tools and resources

Film and discussion conducted for Sacramento City, Elk Grove and Davis School Districts

Made Possible by:



Angst Screening: Free On Demand Viewing of Film, November 14 - November 16
Live Virtual Angst Panel Discussion, November 17, 6:30pm - 7:30pm

WHAT: The Covid 19 pandemic has added to the growing crisis of anxiety affecting young people, [Z-Cares Foundation](#) and [IndieFlix](#), inspired by Zachary Nimmo – who would have turned 17 on October 27 – are hosting a powerful screening of the international documentary [Angst: Raising Awareness Around Anxiety](#). The film features a special interview with world-renowned athlete and mental health advocate **Michael Phelps**, as well as, tweens, teens and parents sharing deeply personal stories about the impact of anxiety on their own lives. The film will be available to view online then followed by a Live panel discussion conducted online. This special **program**, held two years after an anxiety disorder claimed Zachary's life, will coincide with Z-Cares Foundation's fundraising drive to help families coping with anxiety. The **Angst** screening will be followed by an informative panel discussion led by the film's producer, noted expert and teens, moderated by Z-Cares Foundation.

For more information and to RSVP please visit:

[Event Registration](#)

WHO: The event is free and open to the public. The goals are to discuss how to begin breaking the stigma of anxiety, to empower parents to connect with their kids and young people to seek the assistance they need, and to help educators understand how to support their students. Hundreds of local teens and tweens, parents, teachers and prominent community members are expected to attend the program. Among the experts and special guests are:

- **Karin Gornick** – Producer of *Angst* and mom featured in the film & Z-Cares Foundation board member
- **Steve Nimmo** – Co-Founder, Z-Cares Foundation and Zachary Nimmo’s father
- **Jacqueline Rodriguez** - Sacramento City Unified School District overseeing school-based mental health services
- **Nicole Brown** - Elk Grove Unified School District’s Head Counselor
- **Jennifer Mullin** - Davis Joint Unified School District Manager of Prevention & Wellness
- **Caty Hung** – youth leader and 18 year old sharing her story of depression and anxiety
- **Samantha Nimmo** - Zachary’s 19-year-old sister and Psychology student at an LA College

WHERE & WHEN

Virtual Screening Details

Film available November 14-16, 2020

[Register Here](#)

Panel November 17, 2020

6:30pm – 7:30pm

ABOUT Z-CARES: The Z-Cares Foundation mission is to create pro-active communities who; 1) enable teens who suffer from anxiety to reach out for help and resources and 2) enable community members to reach in with resources and support. Z-Cares strives to end the stigma associated with mental health while creating a shared understanding among teens and adults it is ‘ok to not be ok.’

Z-Cares will accomplish this mission through targeted programs and events aimed to encourage continued meaningful conversations about mental health within the communities we serve. To learn more visit, <https://zcares.org/>

About SASF: Our SPARK (Suicide Prevention Awareness Reflection Knowledge) Program addresses anxiety and depression among teens. SPARK focuses on peer-to-peer and parental recognition of the signs of anxiety and depression that can lead to suicide and learning coping skills to avert such tragedies. This year we are proud to collaborate with Z-Cares and IndieFlix in the showing of *Angst* and look forward to when SASF will be able to have in-person events.

ABOUT ANGST: Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of kids and teens who discuss their anxiety and its impact on their lives and relationships, as well as how they’ve found solutions and hope. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition. To learn more, visit www.angstmovie.com.

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