

**FREE Screenings of IndiFlix films Angst, Like and The Upstanders movies this week**



**Dear PTA members,**

**While we are all obviously focused on school re-opening plans, please know we are here to support you. Below are some excellent, free resources.**

**IndieFix is currently offering free screenings of their films to help support mental health, digital wellness, and resilience. All 3 live screening events will be followed by an expert panel for audience questions. The films in the trilogy each feature top experts, science, real-life stories and easy tips to manage and navigate our way during this stressful, unprecedented time of uncertainty.**

**Note, if you missed PTA screening of Angst last spring, the panel discussion is available at [clintonpta.org](http://clintonpta.org).**

**We will be in touch soon regarding additional programming and support.**

**Sincerely**

**Heather Moore  
PTA President**

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**TUESDAY AUGUST 18th 12:00 PM**

# LIKE

**LIKE** explores the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire and help equip us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care... but is that what's really happening?

[Click here to watch the trailer](#)

[TheLikeMovie.com](http://TheLikeMovie.com)

**REGISTER HERE**

<https://indieflixfoundation.us5.list-manage.com/track/click?u=e4e14c420b9b87a574e960b77&id=edc4803929&e=b8686c700e>

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**WEDNESDAY AUGUST 19th 12:00 PM**

**Spanish Dubbed version of Angst followed by a panel discussion in Spanish**



Mostraremos la versión doblada al español de Angst seguido por un panel de discusión en español. Angst es un programa educativo basado en películas, y la primera entrega de la Trilogía de salud mental de IndieFlix (Angst, LIKE y The Upstanders), diseñada para crear conciencia sobre la ansiedad, con énfasis en los jóvenes y las familias. La película incluye entrevistas con niños, adolescentes, expertos y padres. Nuestro objetivo es ayudar a las personas a identificar y comprender los síntomas de ansiedad frente a un trastorno de ansiedad y alentarlos a mejorar su bienestar mental y buscar ayuda.

Mostraremos la película, que será seguida rápidamente por un panel de discusión e incluirá acceso a más recursos y materiales.

**Haga clic aquí para ver el avance de la película.**

Obtenga más información en [AngstMovie.com](http://AngstMovie.com)

**REGISTER HERE**

<https://indieflixfoundation.us5.list-manage.com/track/click?u=e4e14c420b9b87a574e960b77&id=e205010c19&e=b8686c700e>

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**THE UPSTANDERS - THURSDAY, AUGUST 20th 12:00 pm**



The Upstanders explores cyber-bullying, bullying amongst friends, families, co-workers and the brain science behind it all. It delves into the power of resilience, adaptability, community and belonging. The film highlights new laws and well established programs already reducing bullying in schools and communities.

[Click here to watch the trailer](#)

[TheUpstanders.com](http://TheUpstanders.com)

**REGISTER HERE**

<https://indieflixfoundation.us5.list-manage.com/track/click?u=e4e14c420b9b87a574e960b77&id=b52f6fe519&e=b8686c700e>

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**Have you renewed your membership yet?!** Your membership helps us provide important programming and speakers. Membership is only \$15-\$25 (\$5.50 for students and teachers). Options to renew can be found here <http://www.clintonpta.org/membership/>.



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