



COMMUNITY EVENT

MOVIE SCREENING: "Unmasked"

Monday, January 9, 2017 @ 7:00pm - 8:30pm

TJHSST Auditorium (6560 Braddock Rd, Alexandria, VA 22312)

This award-winning 2015 film short was produced by a team of 10 Palo Alto HS students who wanted to open community conversations about mental health, with an emphasis on hope, communication and moving forward. A student panel will follow, focusing on how to relieve stress in our teens' lives, promote wellness, and prepare our community to help them when they struggle. Join us for this free presentation. Open to parents, middle and high school students, adults who interact with youth and other interested members of the community.

Major themes include redefining student success, reducing teen stress, learning to be non-judgmental when talking with teens and eliminating the the social stigma surrounding mental illness, so that we can find the support that exists behind the "masks" we often wear to hide how we truly feel.

Join us for this free presentation followed by a panel of youth-led interviews, discussion and community Q&A.

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