

NAMI Sussex invites you to join us for a free online screening of the powerful **IndieFlix** documentary film “**Angst: Raising Awareness Around Anxiety**”. Kids and teens share their struggles with anxiety and discuss its impacts on their lives and relationships, as well as how they’ve found solutions and hope. Mental health experts explain the causes and sociological effects of anxiety and recommend resources and tools available to address the condition. The 55-minute film will be followed by an informative panel discussion with one of the filmmakers and expert guests.

To learn more about the film and view the trailer, visit [www.angstmovie.com](http://www.angstmovie.com)  
<https://www.eventbrite.com/e/angst-virtual-screening-panel-hosted-by-nami-sussex-registration-137669787039>

The following programs are brought to you by Jefferson Township Health Department and Rockaway Division of Health:

**NJ211.org; Navigating credible resources**

**March 15 at 12:30 pm** listen and learn from Sue Ross, Marketing Director of NJ211 and Jefferson Township Police Officer, Chelsea Parisi as they navigate and get you connected with resources and live assistance from NJ211. Credible resources you can trust and access at your fingertips or with a phone call.

Pre-register at <https://us02web.zoom.us/meeting/register/tZcvduqrqT4vE9Mv4tYHtKbln-9nmBt9xRpX>

**HOPE ONE RECOVERY SUPPORT SERVICES & NARCAN TRAINING**

**March 19 at 2:30 pm - 4 pm** The Hope One project provides help with addiction, recovery and mental health services. Each participant will receive a free life-saving NARCAN kit. The program will be via WebEx. **Please register by contacting** [cwhiting@co.morris.nj.us](mailto:cwhiting@co.morris.nj.us)

**NATIONAL NUTRITION MONTH** program entitled

"The Benefits of a Plant-based diet"

on **March 24, 7 - 8 pm**. Join Marissa Reilly & Victoria Sabarese, Certified Holistic Nutritionists, Certified Health & Wellness Coaches discuss how to improve your overall health and prevent chronic illness with diet change, plant-based specifically.

**Please pre-register by** <https://tinyurl.com/man6xju2>