

Documentary Film

Resilience: The Biology of Stress and the Science of Hope



Two free viewings:

Thursday, April 26, 2018 6:30 pm – 7:45 pm
Friday, April 27, 2018 4:00 pm – 5:45 pm

Ossie Davis Theater
New Rochelle Public Library
1 Library Plaza, at 16 Lawton Street

“The child may not remember, but the body remembers...”

This recently-released, award-winning documentary chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood: toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death.

While the broader impacts of poverty worsen the risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back.

This viewing, followed by open discussion, is presented in partnership with the My Brother's Keeper New Rochelle, Family Services of Westchester, the Urban Resource Institute-New York, and NRPL.

