

For immediate release:

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Community Conversations: Supporting Resilience for the Health of Our Community

(*Elmsford, NY*)(March 22, 2018) Yonkers Riverfront Library, New Rochelle Public Library, and Ossining Library in collaboration with the Resilience Coalition and Westchester Library System will screen the critically acclaimed documentary, *Resilience: The Biology of Stress & The Science of Hope*. The documentary explains how adverse childhood events impact physical and mental health outcomes from childhood through adulthood. Following the screening, there will be a community dialog aimed at hearing perspectives on how to better support the community's hopes for its youth, families and overall health.

Screenings will take place on April 18, 2018 at 6:30 pm at Yonkers Riverfront Library, One Larkin Center, Yonkers; New Rochelle Public Library on April 26 at 6:30 pm and on April 27 at 4:00 pm and at Ossining Public Library on May 8 at 6:30 pm. Screenings are free and open to the public.

The Resilience Coalition consists of over a dozen social service organizations from around the county. Janet Donat, an educator with Family Services of Westchester and one of the founders of the Coalition, explained that the group is seeking attendance at the screenings from numerous professional disciplines including business, law enforcement, health care and the faith-based communities. "The need for collaboration among those working to strengthen families is absolutely vital to a coordinated effort at building resilient communities," she said.

More information about the impact of childhood adversity and the work of the Resilience Coalition is available at <https://conversations.westchesterlibraries.org/>

Screenings of Resilience

- **April 18 | Yonkers Riverfront Library**
One Larkin Center, 6:30 – 8:30pm
- **April 26 | New Rochelle Public Library**
Ossie Davis Library, 1 Library Plaza, 6:30 – 7:45 pm
- **April 27 | New Rochelle Public Library**
Ossie Davis Library, 1 Library Plaza, 4:00 – 5:45pm
- **May 8 | Ossining Public Library**
53 Croton Avenue, 6:30 – 8:30pm

About Westchester Library System: The Westchester Library System (WLS) includes 38 member public libraries located throughout the County and is one of New York State's 23 public library systems. The mission of the Westchester Library System is to ensure that residents have seamless access to excellent library service throughout Westchester County. WLS is supported through member fees, government, corporations, foundations and individuals. For more information, please visit www.westchesterlibraries.org.

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