

“THE CHILD MAY NOT REMEMBER, BUT THE BODY REMEMBERS.”

How do adverse childhood events affect the mental and physical health of children? How might these events have affected you? How can we use this information to improve our community?

Join a screening and discussion of **RESILIENCE**, a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent toxic stress. Extremely stressful experiences in childhood are now understood to alter brain development and have lifelong effects on health and behavior, increasing the likelihood for conditions as diverse as heart disease, cancer, substance abuse and depression. Join us to learn more!

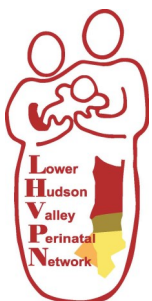
Monday, October 1, 2018

121 North Broadway, 6:30pm-8:30pm



This screening and discussion is presented in partnership with WESPAC, Resilience Coalition, and Tarrytown YMCA.

A full schedule of screenings and more information on this topic is available at conversations.westchesterlibraries.org



George Latimer, County Executive
Michael Orth, Commissioner
Department of Community Mental Health