

October  
2018

# RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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**“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 and explore how your community can respond.**

Public screenings scheduled for October 2018 include:

- **October 1, Monday | Warner Library (Tarrytown) | 121 North Broadway, Tarrytown, 6:30pm-8:30pm**
- **October 17, Wednesday | John C. Hart Memorial Library | 1130 East Main Street, Shrub Oak, 6:30pm-8:30pm**
- **October 18, Thursday | Ossining Public Library | 53 Croton Avenue, Ossining, 6:30pm-8:30pm**
- **October 23, Tuesday | John C. Hart Memorial Library | 1130 East Main Street, Shrub Oak, 6:30pm-8:30pm.**
- **October 29, Monday | Port Chester – Rye Brook Public Library | One Haseco Avenue, Port Chester, 6:00pm-8:00pm**

This effort is fueled by participants in the Westchester Resilience Coalition. Find out more at [conversations.westchesterlibraries.org](http://conversations.westchesterlibraries.org)

