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RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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RESILIENCE is 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. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior.



SATURDAY
NOVEMBER 10

10 a.m.

Tracy Memorial Library
New London

Screening is free. A discussion will be facilitated by Melony Williams, Clinical Supervisor, TLC Family Resource Center. Sponsored by League of Women Voters of Kearsarge-Sunapee Area.

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