



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

How do childhood stress and trauma affect the mental and physical health of children? How do these events continue to affect adults? How can we use this information to understand and improve our community?

Join us to watch and discuss RESILIENCE, a one-hour documentary that explains the science of Adverse Childhood Experiences (ACEs) and toxic stress. Extremely stressful experiences in childhood are now understood to change brain development and have lifelong effects on health and behavior, raising chances of having heart disease, cancer, substance abuse, and depression. We can fight back against ACEs by improving resilience through family support, community connectedness, and more. Join us to learn more and explore how our community can respond.

<p>DATE: Wednesday, September 25th</p> <p>TIME: 10am - 12pm</p> <p>Location: Ossie Davis Theater New Rochelle Public Library 1 Library Plaza, at Lawton Street, New Rochelle NY</p>	<p>DATE: Thursday, October 24th</p> <p>TIME: 6pm - 8pm</p> <p>Location: Ossie Davis Theater New Rochelle Public Library 1 Library Plaza, at Lawton Street, New Rochelle NY</p>
--	---

Register for either date at: <https://bit.ly/2YJ4KAF>
Or at: conversations.westchesterlibraries.org

This screening and discussion is presented in partnership with the Resilience Coalition, the New Rochelle Council of Community Services, New Rochelle Community Network, New Rochelle City School District, New Rochelle Municipal Housing Authority, New Rochelle Youth Bureau, and the New Rochelle Public Library.

The Westchester Resilience Coalition builds awareness of adverse childhood experiences (ACEs) as a public health concern. The Coalition seeks to foster individual, family and community resilience in Westchester County by supporting development of creative responses to the challenge of ACEs. The vision of the Coalition is that all services in Westchester are informed by and aligned with the science of ACEs and resilience, and by an understanding of how protective factors strengthen individuals and communities.

