

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

THE CHILD MAY NOT REMEMBER,
BUT THE BODY REMEMBERS.

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.



AppHealthCare
Caring for our Community

EVENT DETAILS:
Effects of Adverse
Childhood
Experiences

What:
“Resilience Documentary”
Screening and
Discussion

When:
Saturday February 16th
12pm-2pm

Where:
Ashe County Library

Register at:
<https://bit.ly/2sudnNs>

Food Provided