

# RESILIENCE

## THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE



Please join Farmington Woods Elem. School PTA for a free community screening of this one-hour film. This film is for **ADULT** audiences. Film is open to area schools and our community members.

**When:** April 24th at 6:30 to 8:30 pm

**Where:** Farmington Woods Elementary School. 1413 Hampton Valley Rd., Cary

**Childcare:** Provided for school-age children. Please let Michele Wilson know if you need childcare - MichiJohns@hotmail.com

**Why this Film?** We all have a role to play in promoting the great childhoods that children deserve. One great takeaway from Resilience is that there is always hope! Science shows the effects of adverse childhood experiences (ACEs) are not permanent. Different disciplines, agencies and people can **come together and make a difference in the lives of trauma-impacted** children through prevention, intervention and promoting resilience in our schools, families and communities.

Researchers are developing a new understanding of the effects of 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 greater risk of disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, all children can be negatively impacted.

*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 effects of toxic stress - and the legacy of a childhood no one would choose.

