



“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 as an adult? 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 resilience can be supported and strengthened and how our community can respond.

DATE: Wednesday, February 6

TIME: 7pm-9pm

LOCATION: Eastchester Public Library, 11 Oak Ridge Place

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.

