

FREE FILM SCREENING & DISCUSSION

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE



Join us for a **FREE** film screening of the critically acclaimed documentary followed by a panel of Fairport staff available to answer questions.

Tuesday, January 14, 2020

6:30 - 8:00 PM

Fairport High School, Room 512

RSVP today: <https://tinyurl.com/sr8pjnk>

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. However, as experts and practitioners profiled in RESILIENCE are proving, what's predictable is preventable. These physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.