

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Join the CAS community to watch this powerful documentary, followed by a panel discussion with leading experts in the field, as we reflect on how to help build resilience in our youth and bring hope to their future.



The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. *Resilience* is the sequel to the documentary *Paper Tigers*.



Sept. 27th 4-6pm
EASTCONN Conference Center, Hampton, CT

Oct. 4th 4-6pm
NEW LONDON: Science & Technology Magnet HS

Oct. 11th 4-6pm
CHESHIRE: CT Association of Schools

Nov. 1st 4-6pm
NORWALK: Nathan Hale Middle School

Nov. 8th 4-6pm
TORRINGTON: Oliver Wolcott Technical HS

Resilience: The Biology of Stress & The Science of Hope chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease. This powerful, one-hour documentary delves into the science of Adverse Childhood Experiences (ACEs) and our growing efforts 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, anxiety and suicide, research has shown that 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* prove, what's predictable is also preventable. In this documentary, they dare to talk about the effects of divorce, abuse, neglect and poverty, with the hope that science can help us break the cycle of adversity and disease.

All Locations Register Online: <http://casci.ac/2433>

