



“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? 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. Now understood to be one of the drivers for conditions as diverse as heart disease, cancer, substance abuse and depression - extremely stressful experiences in childhood are understood to alter brain development and have lifelong effects on health and behavior. Join us to learn more!

Yonkers Riverfront Public Library (1 Larkin Center, Yonkers) April 18, 6:30pm

New Rochelle Public Library (1 Library Plaza, New Rochelle) April 26, 6:30pm (screening only), April 27, 4:00pm

Ossining Public Library (53 Croton Ave, Ossining) May 8, 6:30pm

Other dates to be announced.

Register for event reminders and find out more at conversations.westchesterlibraries.org