

RESILIENCE

REGISTER NOW!

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

You're invited to register for a screening of the documentary *Resilience*, followed by a café style discussion. This powerful, one-hour documentary delves into the science of Adverse Childhood Experiences (ACEs) and our growing efforts to treat and prevent Toxic Stress.



The Adverse Childhood Experiences (ACEs) Study is one of the largest investigations ever conducted to assess associations between childhood trauma and later-life health and well-being.

February 12, 2019 5:30 - 7:30 p.m.

**Sterling Community School (Sterling Community Room)
251 Sterling Rd., Sterling, CT**

Sponsored by: Sterling Community School

**Facilitated by: Diane Dugas, Director,
EASTCONN Center for Educational Leadership**

Join EASTCONN's Diane Dugas, Director of the Center for Educational Leadership in a review of the documentary *Resilience* and a café style discussion afterwards. This powerful, one-hour documentary delves into the science of Adverse Childhood Experiences (ACEs) and the growing efforts to treat and prevent Toxic Stress, now understood to be one of the leading causes of many health issues, 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 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.

Register by February 1, 2019

COURSE ID: 1825300408 **COST:** None
SPONSORED BY: Sterling Community School

AUDIENCE: Parents, Community Members, Town Officials, Healthcare Providers, Childcare Providers, Community Agencies, Businesses, Educators

Light refreshments and babysitting will be provided

REGISTER HERE!

<http://registereastconn.org/courses/view/id/16019>



Sterling Community School
251 Sterling Road, Sterling, CT 06377
www.sterlingschool.org