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RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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Please join us for a free film screening followed by a group discussion.



When:

- 12th January 2023 10am - 12pm
- 9th February 2023 10am—12pm
- 9th March 2023 10am—12pm
- 6th April 2023 10am—12pm
- 4th May 2023 10am—12pm
- 8th June 2023 10am—12pm
- 6th July 2023 10am—12pm
- 9th August 2023 10am—12pm
- 7th September 2023 10am—12pm
- 5th October 2023 10am—12pm
- 9th November 2023 10am—12pm
- 7th December 2023 10am—12pm

Please use Eventbrite link below to book a place: -

<https://www.eventbrite.co.uk/e/screening-of-the-documentary-resilience-tickets-472591833897>

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 misuse and depression, trauma in childhood can alter brain development and have lifelong effects on health and behaviour. However, as experts and practitioners are proving, what's predictable is preventable.