



January 31st, 6:30-8:30pm

RESILIENCE

Film and Discussion

Join us to watch Resilience, a documentary describing the science of **Adverse Childhood Experiences (ACEs)** and the 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 use and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. The answer to ACEs is to build resiliency. After the movie we will share resiliency building ideas and resources. This event is open to all in the community. Popcorn and water will be provided!



Brought to you by Foster and Kinship Care Education

FREE!

Location:

**El Dorado County
Office of
Education**

**6767 Green Valley
Placerville**

Building B:

Room 2

**After the film we
will share
resources for
building resiliency**

Join us!

QUESTIONS?

Contact Juline Aguilar

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