

# Resilience: The Biology of Stress & The Science of Hope

*"The child may not remember, but the body remembers."*

Resilience is a documentary that takes a deeper look into the science of Adverse Childhood Experiences (ACEs) and the increased risks for physical and mental health problems in adulthood.

Resilience chronicles the promising beginnings of a national movement to prevent childhood trauma, treat toxic stress and greatly improve the health of future generations. Join our discussion on the affects that trauma has on our youth's resilience, how it effects our community and what we can do to support our children and youth moving forward.

Please note, no childcare is provided or available onsite. Do not bring babies or children to class. Thank you!

**Monday, November 5, 2018**

**6pm-9pm**

**Straight from the Heart**

**851 West San Marcos Boulevard, San  
Marcos 92078**



"The More We Know, The More They Grow"

