

**FREE FILM SCREENING**

# RESILIENCE

## THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE



Join us for a **FREE** film screening of the 2016 critically acclaimed documentary  
**Resilience: The Biology of Stress & the Science of Hope**  
Appropriate for Children 11 Years Old and Up

Childhood trauma doesn't end in childhood. Its effects ripple through adulthood unless young people are taught how to cope. In an effort to raise awareness about how stress and trauma impacts our communities, the film screening will explore the emerging science of toxic stress on children and offer innovative solutions for helping vulnerable young people become thriving adults. The film will be presented in English with Spanish subtitles.

**Thursday, September 26, 2019 | 5:00 – 7:00 PM**

**Alvarez Auditorium  
Lemon Grove Academy Middle School  
3171 School Ln.  
Lemon Grove, CA 91945**

- 5:00 PM** Check-In, Refreshments & Resource Fair
- 5:25 PM** Welcome - Erica Balakian - Superintendent
- 5:30 PM** **Film - Resilience**
- 6:30 PM** Community Discussion and Resource Fair  
with community health partners



**RSVP via email today:**

Hope Gold – [hgold@lemongrovesd.net](mailto:hgold@lemongrovesd.net) – 619 825 5609

**"Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today."**

*- Dr. Robert Block, Former President of the American Academy of Pediatrics*