

# RESILIENCE

## THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Parents, Foster and Kinship Caregivers, Teachers, Family-Serving Providers,  
Health Care Providers, and Community Members,

Please join us in watching a FREE screening of the movie

### ***RESILIENCE: The Biology of Stress & The Science of Hope***

Following the movie, we will have a panel of experts answer your questions.  
Light refreshments will be provided.

In honor of Child Abuse Prevention Month, Yolo County Child Abuse Prevention Council (CAPC), Resilient Yolo, and Foster & Kinship Care Education are hosting a community event to **learn about community resources and how to promote resilience in children**. Resilience is the ability to thrive, adapt and cope despite tough and stressful times. The more resilient a child is, the more likely they are to deal with negative situations, such as Adverse Childhood Experiences (ACEs), in a healthy way.

#### **WOODLAND**

**Wednesday, April 24, 6-8pm**  
Woodland Community College  
Building 800-Community Room  
2300 E. Gibson Rd.  
Woodland, CA 95776  
Cherie Shroeder: 530-574-1964

#### **WEST SACRAMENTO**

**Monday, April 29, 6-8pm**  
Arthur F. Turner Community Library  
1212 Merkley Ave.  
West Sacramento, CA 95691

#### **CO-SPONSORS**



#### ***Yolo County Child Abuse Prevention Council (CAPC)***

Composed of parent partners and people from the following organizations: CommuniCare Health Center, Empower Yolo, First 5 Yolo, Multi-Disciplinary Interview Center, Yolo County Children's Alliance, Yolo County Court Appointed Special Advocates, Yolo County District Attorney's Office, Yolo County Health and Human Services, Yolo County Office of Education, Yolo County Probation.

#### **QUESTIONS?**

Please contact Natalie Audage  
Yolo County Children's Alliance  
530-902-8249 or [Natalie.Audage@yolocounty.org](mailto:Natalie.Audage@yolocounty.org)

