



Parents, early educators and community leaders are invited to a free showing of **Resilience**, a powerful documentary that explores the profound long-term effects of toxic stress, a condition that affects many young children in our community. Researchers have recently discovered this dangerous biological syndrome caused by abuse and neglect during childhood that correlates to adult health problems such as heart disease, cancer and obesity. **Resilience** discusses the groundbreaking Adverse Childhood experience study (ACES) and how these early experiences affect the health and wellbeing of families. An interactive discussion after screening the film will center on the scientific data, offer solutions to help children deal with and overcome the effects of toxic stress and discover ways to increase their resilience. Participants will identify the effects of toxic stress on the body and discover ways to increase resilience in children.

Wednesday, May 22, 7:00 - 8:30 p.m.

Doors open at 6:30 p.m./ Film begins at 7:00

Howard County Library, Elkridge Branch

Belmont/Hockley Rooms. 6540 Washington Blvd., Elkridge 21075

Early Childhood Educators can earn (2 CD) Resiliency and Adverse Childhood Experiences (ACEs)

FREE! To Register, visit www.howardcountymd.gov/familyinstitute

To request accommodations to attend or need this in an alternate format, call at least one week in advance at 410- 313-1940 or email: children@howardcountymd.gov

