

Faith
Community

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

The New Hanover County Resiliency Task Force Family Faith & Community Subcommittee and Prevent Child Abuse NC are partnering to offer a **FREE** screening of **RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE**, a film about childhood trauma and the adverse effects on health over a lifetime – and the role that the community can play in reversing them.

“The child may not remember, but the body remembers.”

EVENT DETAILS

WHAT: Viewing of the Resilience Film
community panel discussion

WHEN: Thursday May 28th, 2020 2:15-4:15pm
Thursday, June 11th, 2020 9am – 11am

WHERE: online

Need additional information contact Jvanete Skiba at jvanete@ciscapefear.org or toneal@preventchildabusenc.org

5/28 zoom info:

<https://us02web.zoom.us/j/84063874091?pwd=NDdGTG1Sd2hkSW02MEVxQzBxWHlHQQT09>

June 11 Zoom info:

<https://us02web.zoom.us/j/81090579524?pwd=S2FONVVqQWpJMzJQc2N1MjdkMlh4dz09>

**Learn How Science, Connection and Faith
Can Work Together to Reduce the Effects of Trauma and
Build Resilience**

Brain Science shows that trauma can create intense levels of stress that over time changes the brain and body, leading to poorer health and social outcomes.

Connection: caring supportive relationships are the key to building the skills necessary for resilience. Learn the benefits of changing the conversation from “what’s wrong with you?” to “what happened to you?”

Faith: You can make a difference! Your acts of love, fostering community, and the power of spiritual practice can literally rewire brain circuitry and heal bodies—both for ourselves and the communities we serve.

