



Resilient Columbus, Prevent Child Abuse NC, and the Columbus County Smart Start 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:** June 11th, 2020  
12:45pm -3:00pm

**WHERE:** Online

#### Pre-Screening Zoom Information:

<https://preventchildabusenc.zoom.us/j/97418806386?pwd=c0JOclpJVjNJOThjeTJyRXZRcGx3Zz09>

**Password:** 618750

#### Post-Screening Discussion & Facilitation:

<https://preventchildabusenc.zoom.us/j/91701988939?pwd=RUhFZG1iSHdPWDRER1lIRmJLdEVFQT09>

**Password:** 511146

#### Learn How Science, Connection and Community 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?”

**Community:** together, we can build a more resilient, compassionate, and trauma-informed community.

#### For More Information, please contact:

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