



**Family Service  
Collaboratives**

Working together to build better lives for children and families.

**MESABI**  
*Range College*

Invite you to a **FREE** showing of the documentary



## **RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE**

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

RESILIENCE is a one-hour documentary that delves into the science of **Adverse Childhood Experiences (ACEs)** and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. But what’s predictable is preventable. These physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they’re using cutting edge science to help the next generation break the cycles of adversity and disease.

**Mesabi Range College Theater**

**Wednesday, March 28, 2018**

**12:00 PM**

*60 minute film & optional Q&A*

FREE admission, but please register to facilitate community impact

<https://virginiaresiliencescreening.eventbrite.com>

**Walk-in registration welcome!**

Participants will receive a certificate of attendance at the end.

*“There was a sense of disbelief. People actually said, ‘Rob, this can’t be true. Because if this were really true, it would’ve been studied and published.’” - Dr. Robert Anda, Epidemiologist, Centers for Disease Control*