



# RESILIENCE

## THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

**Tower Hamlets is pleased to bring you the film, *Resilience*. A new documentary about the impact of stress on both the brains and bodies of children.**

**Discover the importance of Adverse Childhood Experiences (ACEs), and what it means for you and your children:**

- What happens to our children when they are little affects their whole life, and even their children's lives when they become parents.
- We want to have conversations across Tower Hamlets about how new understanding of children's and adolescents' brain development could influence how we all live and work.

The one-hour long American documentary film, *Resilience - The Biology of Stress & the Science of Hope* chronicles the birth of a new movement among communities, paediatricians, therapists, and educators who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

**Next showing:**

**Monday 9 March 2020 6pm - 8pm includes a post-film discussion**

**Tuesday 10 March 2020 10am - 12pm includes a post-film discussion**

**Venue: Rich Mix, 35-47 Bethnal Green Road, London E1 6LA**

**Cost: Free for Tower Hamlets residents and professionals or £10 for out-of-borough**

**To book, call 020 7364 7947 or email us on [eytraining@towerhamlets.gov.uk](mailto:eytraining@towerhamlets.gov.uk)**

