

NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: April 9, 2018
Contact: Patrick Driggers, Customer Service Specialist
360.683.1161; PDriggers@nols.org
Re: *Documentary Nights!* at the Sequim Branch Library features *Resilience*
Attached: Resilience.png

Join your friends and neighbors for eye-opening journeys and inspired stories from some of today's most innovative and gifted filmmakers at the *Documentary Nights!* film series. As part of the *Documentary Nights!* film series, a free screening of *Resilience: The Biology of Stress & the Science of Hope* will be shown at 6pm on Tuesday, April 24 at the Sequim Branch Library of the North Olympic Library System (NOLS).

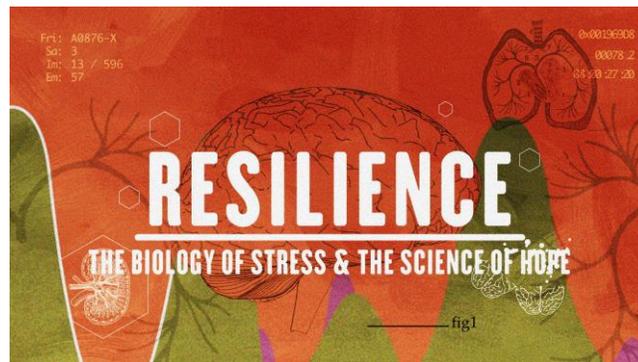
Resilience: The Biology of Stress & the Science of Hope, chronicles the birth of a new movement among pediatricians, therapists, educators, and communities who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease. The original research was controversial, but the findings revealed the most important public health findings of a generation.

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. However, as experts and

practitioners profiled in Resilience are proving, what is predictable is preventable. These physicians, educators, social workers, and communities are daring to talk about the effects of divorce, abuse and neglect, while using cutting-edge science to help the next generation break the cycles of adversity and disease.

Additional information

This program is generously supported by the Friends of Sequim Library. For more information about this and other upcoming events at your Library, visit www.nols.org, email discover@nols.org, or call 360.683.1161. The Sequim Branch Library is located at 630 North Sequim Avenue.



“Resilience” will be shown at 6pm on Tuesday, April 24 at the Sequim Branch Library.

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