



Special Speaker Series Event Invitation: Movie and discussion!

How can we help stop cycles of trauma in our community?

A very robust study shows that experiencing multiple Adverse Childhood Experiences (ACEs) can predict the likelihood of someone having serious health conditions later in life, including heart disease, obesity, and depression.

We will screen the documentary, [*Resilience: The biology of stress and the science of hope*](#) which talks about how ACEs can lead to illness and showcases some approaches people are taking to fight back. A panel discussion led by experts in community will bring it home to Ottawa, and explore ways people like you can be part of building resilience.

When:

Wednesday, September 12, 2018 from 8:30 to 11:30 am
Coffee and information tables at 8:30 am, program starts at 9:00 am

Where:

Ben Franklin Place, 101 CentrepoinTE Drive
The Chamber

Panelists:

Dr. Michelle Ward, Head, Division of Child and Youth Protection, CHEO
Brenda McGillvray, Ottawa Police Service
Others to be confirmed

Panelists' remarks will be in English only. Questions will be encouraged in both official languages.

[R.S.V.P. to register](#)

Please help us spread the word by sharing this email with a friend or colleague.

Francine Demers

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