

# RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

## FILM SCREENING & DISCUSSION

**NEW  
DATE!**

**Tuesday, April 4 | 6-8 PM**

**Greenburgh Public Library  
Multipurpose Room**

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

Watch the one hour *Resilience* documentary and join us in a discussion about trauma, resilience and what we can do as individuals, families and communities to heal.

*Discussion facilitated by Dr. Andrew Bell, Program Director, Westchester County Department of Community Mental Health (DCMH).  
Complimentary light refreshments available.*

**REGISTRATION REQUIRED.**  
Scan code, visit  
**[greenburghlibrary.org](http://greenburghlibrary.org)** or call  
**914-721-8225.**



**GPL**

**Greenburgh Public Library**

300 Tarrytown Road  
Elmsford, NY 10523



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gov.com**

George Latimer, Westchester County Executive

Michael Orth, M.S.W.

Commissioner, Department of Community Mental Health