

Food for Thought

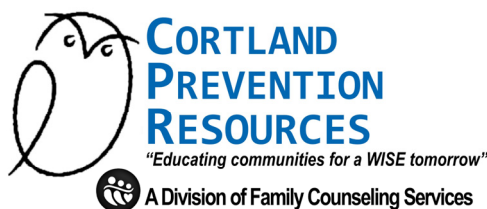
Resilience

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary ***Resilience*** reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. Trailblazers are using cutting-edge science and therapies to protect children from these effects of toxic stress.

Kathryn Simons is a licensed Clinical Social Worker with over 15 years experience working with children and adults. Her experience includes: child abuse investigations, emergency room psychiatry, case management with families, and mental health services to incarcerated adults. She currently runs the Greater Binghamton Health Center Adolescent Crisis Respite that works with adolescents dealing with stress, conflict or other behavioral difficulties.

Food for Thought programming
is a collaboration of:



Wednesday, November 14th, 2018

Noon - 1:30 pm

Cortland Elks Lodge #748 (9 Groton Avenue)

Free, lunch will be provided

RSVP to:

FoodForThoughtRSVP@gmail.com

or 607-756-8970 Ext 256