

Building a Resilient Community Watersmeet, Rickmansworth Wednesday 3rd April 2019

Our aim is to share this new 'Mental Health' knowledge. We want to help people understand the impact of childhood experiences such as abuse, neglect, parental separation and witnessing domestic violence on a child's development.



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



There will be 5 separate workshops during the day for:

RESIDENTS AND
COMMUNITY
9 - 10.30am or 7 - 8.30pm

PROFESSIONALS
11 - 1pm or 1.30 - 3.30pm

EDUCATION
PROFESSIONALS
4 - 6pm

**Book your place. Visit
my.threerivers.gov.uk
Then go to:
Training: Building a
Resilient Community
Workshop**

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

**Watford and Three Rivers Families First Partnership invite you to the following workshop session;
Wednesday 3rd April 2019**

To help our communities to understand the latest information on:

- **Childhood emotional attachment**
- **How we can support people to be resilient to the challenges of negative experiences**

The film will be followed by a discussion with experts from different professional backgrounds.

There will also be a market place with services available to support residents and their children.



Produced by KAREN PRITZKER & JAMES REDFORD Directed by JAMES REDFORD
Executive Producer KAREN PRITZKER Executive Producer REGINA K. SCULLY
Co-Producer DANA SCHWARTZ

