

# FREE EVENT!

## Dinner and Door Prizes!

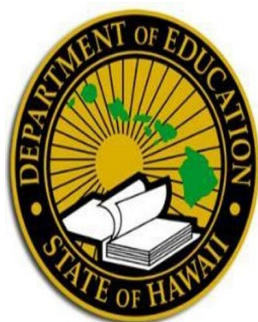
### April 27, 2018

# BUILDING RESILIENCE

- Informing and supporting community members
- Connecting community members with resources
- Helping to create a trauma informed community
- Mind-Body wellness

**This event will be an opportunity to view the Carmel International Film Festival 2016 Award Winning movie from KPJR films, Resilience: The Biology of Stress and the Science of Hope.**

**This will be an evening to better understand the effects of toxic stress on the body. This community event will provide information on how to recognize and address stress and connect families with our community resources.**



**DATE:**

**Friday,**

**April 27th , 2018**

**TIME:**

**5:00 – 7:00 p.m.**

**LOCATION:**

**WAIMEA  
ELEMENTARY  
SCHOOL  
CAFETERIA**

### QUESTIONS?

Contact WHDO:

Joy Personius

Lenore Garcia

327-9570

[joy\\_personius@notes.k12.hi.us](mailto:joy_personius@notes.k12.hi.us)

[lenore\\_garcia@notes.k12.hi.us](mailto:lenore_garcia@notes.k12.hi.us)