

# Resilience: The Biology of Stress & The Science of Hope

January 7<sup>th</sup>, 2021  
Facilitator: Katie Mendell, LMSW

## 9:00am-11:00am

9:00-9:10 AM	Welcome, Introductions & Inclusion Activity
9:10-9:30 AM	Introduction to ACES & The Resilience Documentary
9:30-10:30 AM	Documentary
10:30-10:45 AM	Documentary Debriefing & Discussion
10:45-10:55 AM	Overview of Protective Factors
10:55-11:00 AM	Optimistic Closure

## Learning Objectives

Objective #1	Participants will review and reflect on the ACES Study, childhood trauma & the implications for the field of education
Objective #2	Participants will examine how the findings of the ACES Study have influenced action
Objective #3	Participants will consider and discuss their role in influencing resilience and protective factors

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