

# Building Resiliency for Children & Adults

*~ Seeing our Health Through a Different Lens ~*

**You are invited to an informative evening on:**

- **Strategies and tools to build resiliency**
- **The science of brain health**
- **The impact of childhood trauma on the developing brain (ACEs - Adverse Childhood Experiences)**



**Tuesday, May 1, 2018**

**6 – 8 pm**

**White Rock Elementary School**

**1273 Fir St, White Rock**

**FREE registration, limited seating:**

**[buildingresiliencywrss.eventbrite.ca](http://buildingresiliencywrss.eventbrite.ca)**



White Rock-South Surrey  
Division of Family Practice  
A GPSC Initiative

## PRESENTERS:

**Dr Tahmeena Ali**  
Family Physician

**George Passmore**  
Registered Clinical Counsellor

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Panel discussion including a  
Parent & Youth

Q & A

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Who should attend?

Parents, teachers,  
youth (13 years & older)

Physicians & Clinicians

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Resource tables