



## The Hope Project in collaboration with the VPC Screening Documentary **RESILIENCE**

A one-hour Award winning documentary that delves into the science of Adverse Childhood

**“THE CHILD MAY NOT REMEMBER, BUT THE BODY REMEMBERS.”**

The original research was controversial, but the findings revealed the most important public health findings of a generation. RESILIENCE is a one-hour Award winning documentary that delves into the science of Adverse Childhood

Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behaviour.

### **ABOUT THE DOCUMENTARY:**

“We tend to view the world of mental health, separate from the world of physical health. But the body doesn’t do that. The body is only one.” Dr. Victor Carrion, Stanford University

“The sad thing is that a lot of our students think that what they are going through is normal. This is their normal. If no one has given them a way to think otherwise, I think that’s why the cycle just keeps going and going and going.” - Cynthia Manifold, Kindergarten Teacher, Strong Elementary School, New Haven, CT

### **Host a Screening - options: *members and partners up to 20% discount***

Staff Development Opportunity – (Screening, Keynote, Q&A or panel) 2hrs

Staff and Parents Screening Primary Schools (+ Students for High School) 2hrs

-- Schools can either offer it as a free event or choose to recover the screening fee costs via a ticketed event.

– Any additional venue or panel member costs are the responsibility of the school.



### **Kate Seselja**

Founder of the Hope Project, Kate is focused on shifting the culture of coping and existing, to one that is informed of what we need to thrive sustainably. Kate shares her lived experience of struggling for over a decade with addiction that almost cost her life, the passionate mum of 6 has been Featured on CNN’s Vital Signs, Today Show and ABC’s ‘You Can’t Ask That, as well as a recent speaker at [TEDx Canberra](#).

## The Hope Project's work with UNAA

Kate Seselja is a **certified United Nations Advocate for the Sustainable Development Goals targets SDG #3:**

**Ensure healthy lives and promote well-being for all at all ages.**



The UNAA and The Hope Project are collaborating to educate Australians on the importance of the Sustainable Development Goals (SDGs). The United Nations developed 17 SDGs to end poverty, protect the planet, and ensure prosperity for all. These were adopted in September 2015, and each of the 17 goals has specific targets to be achieved by 2030.

The UNAA have partnered with The Hope Project and its Founder Kate Seselja, to utilise Kate's expertise in helping people have honest and open conversations. The Number 3 SDG is on **“Good Health and Well-Being”** that ensures healthy lives and promotes well-being for all, at all ages.