

NEWS RELEASE

January 6, 2026

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FOR IMMEDIATE RELEASE

Film Series To Discuss Trauma And Resiliency

WINNEBAGO COUNTY – The Rockford Public Library in partnership with the Winnebago County Health Department's Trauma Informed Community Workgroup will be offering free film viewings and follow-up discussion on the impact of trauma and how to build resiliency.

The film viewings and discussion will be held at 6pm at the JR Sullivan Theater at RPL's Nordlof Center at 118 N. Main Street, every second Tuesday of the month from January through June. Following each film, the Trauma Informed Community Workgroup members will lead the discussion on how it relates to our community. The Winnebago County community is welcome to view the film series and join in the discussion.

First Film Viewing:

- **"Resilience" - Tuesday, January 13, 2026**
Explores the science of Adverse Childhood Experiences (ACEs) ways to treat and prevent toxic stress.

Additional Films in this Series:

- **"Broken Places"** - Explores why some children are permanently damaged by early adversity while others are able to thrive
- **"Paper Tigers"** - Chronicles a year with the principal of Lincoln High School in the community of Walla Walla, Washington after learning about the effects of ACEs and changing the school's approach to discipline.
- **"The Interrupters"** - The moving and surprising stories of three Violence Interrupters who work to protect their Chicago communities from violence
- **"Healing Neen"** - The amazing recovery of Tonier 'Neen' Cain from a lifetime of abuse and drug addiction to a career as a nationally-known speaker and educator on the devastation of trauma and the hope of recovery
- **"Minding the Gap"** - Three young men bond together to escape volatile families in their hometown of Rockford, Illinois as they face adult responsibilities, unexpected revelations threaten their decade-long friendship.

For more information on the 2026 Trauma Film Series, visit the Winnebago County Health Department website at publichealth.wincoil.gov/filmseries2026.

About Rockford Public Library

The Rockford Public Library, founded in 1872 as the second library in Illinois, currently has four facilities, including the new Main Library, a performing arts and training center (RPL's Nordlof Center), two Branch Libraries and two Mobile Library vehicles. The mission of the Rockford Public Library is to educate, inform, and enrich the people in our community.