



Call to Mind: Spotlight on Childhood Trauma

Wednesday, May 29, 7:00 - 9:30 p.m.

This event will help audiences understand the detrimental health effects childhood trauma can have on individuals throughout their lives, and how that trauma can affect families across generations and whole communities living with toxic stress. [Tom Crann](#), host of All Things Considered on MPR News, will moderate a panel discussion about childhood trauma and Adverse Childhood Experiences (ACEs). The expert panelists will also explore ways children and adults can build up resiliencies to help prevent adverse experiences from becoming traumatic.

This free, ticketed event will be held at the Rochester Art Center, which will also host the [Mental Health: Mind Matters exhibit](#). Guests are invited to explore the exhibit -- a groundbreaking exhibition designed to build a greater understanding of the importance of mental health and create a respectful space for conversations about mental health conditions.

[REGISTER](#)

Panelists:

Anne Gearity, PhD, LICSW - Clinical Faculty, Department of Psychiatry at University of Minnesota Medical School

Resmaa Menakem, MSW, LICSW, SEP - Cultural Trauma Expert, Author of My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

Assistant Director of Student Services at Rochester Public Schools, Founder of Resilience Impact trauma-informed schools

Host: [Tom Crann](#), host of All Things Considered on MPR News

Wednesday, May 29, 2019

6:30 p.m. - Doors open
7:00 p.m. - Program begins
8:30 p.m. - Program ends

LOCATION

Rochester Art Center

40 Civic Center Dr SE, Rochester, MN 55904

PARKING

The Rochester Art Center is conveniently located in downtown Rochester, offering an abundance of parking options.

Mayo Civic Center Ramp

The Mayo Civic Center parking ramp allows easy access to the Art Center via skyway. The ramp entrance is located on 1st Avenue, west of Civic Center Drive, attached to the Rochester Public Library. Handicap parking is available and discounted when paying with an attendant. Elevators are located on both sides of the ramp with skyway access on the 2nd floor. This ramp is FREE when parking for less than an hour, FREE after 5pm, and FREE on weekends.

Additional Parking

Two outdoor lots are available, Civic Center South and North Lot; daily rates vary

Metered parking is available on city streets near the Art Center. Meters are enforced 8am-5pm Monday – Friday.