

NEWS RELEASE

“Women of Resilience,” by Toronto filmmaker Roselyn Kelada-Sedra earning awards worldwide

TORONTO, ON – August 24, 2021 - Toronto filmmaker, lawyer, and former journalist Roselyn Kelada-Sedra created *Women of Resilience*, a 44-minute film about three women over 60, who go through trauma, war, displacement and come through it even more loving. The documentary has won recognition in France, New York City, and Toronto, and it has been solicited in India and programmed in multiple Canadian film festivals.

“That’s how we actually get stronger,” says Kelada-Sedra, “by letting our hearts break and loving anyway.”

She made this film, her first as a director, in the Niagara region of Ontario because she wanted to investigate the question: how do we become resilient? Having gone through a lot of personal hardships lately, this question became a pressing one for the award-winning artist and highly ranked lawyer.

“My thesis comes from attachment theory,” says the Osgoode Hall Law School graduate. “It is a modality with the premise that human beings are designed to heal, and trauma interrupts that design.”

Having practised criminal defence and civil litigation since her call to the Ontario Bar in 2016, she observes: “trauma is at the confluence of the criminal system, mental health problems, and isolation.” Her interest in mental health dates to 2011 when she was a member of Osgoode Hall’s Mental Health Law Society.

“If these same individuals, who may wind up incarcerated, are instead given support and stability, they may become what the system would call rehabilitated. In other words, certain traumatized people, who may have offended because of their trauma, can be transformed through secure relationships,” she says.

“I made the film to find a path to that intangible quality—resilience,” says Kelada-Sedra.

“We are all incredibly proud of Roselyn for making this film. And, of course we are thrilled for her for the recognition her film has earned so far,” says Lorne Sabsay, managing partner at [Sabsay Lawyers](#), a firm that practices criminal defence, civil litigation, and tribunal advocacy. Sabsay has been practising criminal and civil litigation for 33 years.

“In a number of ways, Sabsay Lawyers is the opposite of Bay Street law firms which some people regard as stuffy and boring. We believe in bringing the whole person to work, not just our legal expertise,” he adds. Lorne Sabsay, who is an avid martial artist and brings that training and discipline to his law practice, is a member of both Toronto BJJ (Brazilian Jiu-Jitsu) and Northern Karate Schools. He holds a fifth-degree black belt in karate, Shihan-level teaching title in karate and a blue belt in BJJ.

The women of Kelada-Sedra’s film overcame tremendous personal adversity and tragedy and came out the other side, not necessary ‘made whole,’ in the legal sense, but healed. “Secure attachment does not

erase trauma, but the neural pathways it creates can be rerouted. How? By the universal human capacity,” says the former journalist turned lawyer turned film director.

“Experiences of love reroute traumatic memories,” says Kelada-Sedra.

Kelada-Sedra’s film has already earned awards. This being her first time directing, the accolades for Kelada-Sedra are even more impressive:

- *Women of Resilience* is an award winner, Best Women Film, at the [Cannes World Film Festival](#) (July 2021)
- *Women of Resilience* has won the best director award of short films for Kelada-Sedra at the [New York International Women Film Festival](#) (July 2021).
- *Women of Resilience* is an Official Selection for the [RED Movie Awards](#), Reims Excellence Director, Reims, France (July 2021).
- *Women of Resilience* has won best short documentary at the [Toronto International Women Film Festival](#) (June 2021).

“Secure attachment—a relationship within which someone feels loved, seen and valued—can repair the break and restore the healing design of the human brain and body. Through their stories, these strong, vulnerable women show that broken attachment systems can heal. That is the amazing thing about being human,” says Kelada-Sedra.

Women of Resilience [2-minute trailer on Vimeo](#).

Women of Resilience [IMDB listing](#).

Women of Resilience www.facebook.com/WomenofResilienceFilm.

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