

# *Tired of Forced Positivity?*

What neuroscience says about authentic gratitude.

# The Power of Gratitude

*The Science and Practice of Rewiring the Brain*



**February 19, 2026 • 6:30PM**

Innovate Newport • 513 Broadway, Newport, RI

Discover how a deliberate gratitude practice can rewire the brain to combat chronic stress, boost resilience, and foster connection. This 90 minute presentation will move far beyond simple lists to explore actionable, research-backed practices that build a more innovative and productive culture.

***This is gratitude, deconstructed for the real world and backed by hard science.***

## **Register in advance:**

Scan the qr-code or visit [eventbrite.com/e/the-power-of-gratitude-tickets-1981428176013](https://eventbrite.com/e/the-power-of-gratitude-tickets-1981428176013) to be entered into a raffle for a Gratitude-Wellness Prize.



Brought to you by Strategic Prevention Partnerships and the Newport Partnership for Families



**Newport County  
Prevention Coalition**  
Member of Rhode Island Regional Coalitions



**Strategic Prevention  
Partnerships**  
Providing a Path to Community Wellbeing



**Debra Gonsler Vinik, Ph.D.**  
*Gratitude Wrangler*



Six-time EMMY winner Debra Gonsler Vinik reveals gratitude not as a soft skill, but as a hard strategy for brain neuroplasticity.

Watch the trailer for her latest documentary at **I Thank Therefore I Am**

Info on other documentaries at [divacommunications.com](https://divacommunications.com)