

FREE FOR THE COMMUNITY

ACEs Aware Training

Adverse Childhood Experiences (ACEs) do not define you.

You can build resiliency and live a happy, healthy life.



Wednesday, October 14
3:00 PM - 4:00 PM

Free Virtual Training



Gain a deeper understanding about the landmark 1998 ACE study and how ACEs impact our health.



Learn how trauma and toxic stress shape the developing brain.



Gain practical tools and resources to build resiliency, and support children and families who have experienced trauma.

In the absence of healthy or buffering relationships, stressful and traumatic experiences (ACEs) can have a devastating impact on the minds and bodies of children across their lifespan.

This training, through the ACEs Aware grants, aims to raise awareness about ACEs. Participants will learn prevention strategies and how we each play a vital role in supporting the health and well-being of children, adults, families and communities.

Together, we can build more resilient, compassionate and self-healing communities where every child can thrive.



aces aware 
GRANTEE



Register for Free Today

ringcentr.al/3mKZbup or scan the QR code

Contact aces@tricitymhs.org to schedule a free training for your community.