



2022 SCHEDULE

# UNDERSTANDING ACEs

*This free training is open to everyone via Zoom, with registration required. The session is offered every six weeks on Wednesday evening, with the dates shown here.*

### Understanding ACEs: Building Self-Healing Communities

The Adverse Childhood Experiences (ACE) Study findings represent a paradigm shift in understanding the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems, and early death have their roots in the cumulative neurodevelopmental impacts of Adverse Childhood Experiences (ACEs).

The key goal of this training is to build a common language and understanding of ACEs and the related research. Attendees will be encouraged to think about how this information could be applied within their own family, workplace, school, community, etc.

#### In this session, you will:

- Understand how brains adapt to the environment during childhood.
- Learn the basic concepts of toxic stress and its impact on development.
- Review the data and key findings from the Adverse Childhood Experiences study
- Discover the framework for building resiliency for individuals and communities.

For more information, contact:

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### Understanding ACEs: Building Self-Healing Communities

Wednesday, March 16, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Wednesday, April 27, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Wednesday, June 8, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Wednesday, July 20, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Wednesday, August 31, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Wednesday, October 12, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Wednesday, November 23, 2022  
5:30-7:30 pm MT / 6:30-8:30 pm CT

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Please RSVP using the links above.

*Presented in cooperation by:*

