

FREE TRAINING

Understanding ACEs: Building Self-Healing Communities

Presented By: Family Wise Services

The Adverse Childhood Experiences (ACE) Study findings represent a paradigm shift in human understanding of 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 ACEs.

Date: Tuesday, June 22, 2021 **Time:** 1–3:00 pm

Location: Online via Zoom (Attendees will be sent the link the day prior to the event)

Registration is required for the training as availability is limited. Registration will close at 5:59am on Monday, June 21, 2021. Register using this link:

<https://www.eventbrite.com/e/aces-training-tickets-154578669963>

The *Understanding ACEs: Building Self-Healing Communities* presentation is presented in three sections:

- 1) Neurobiology & Epigenetics focuses on how our brains adapt to our environment during childhood and some basic concepts related to how toxic stress impact healthy development.
- 2) Key Findings from Adverse Childhood Experiences (ACE) study highlights some of the data from the original ACE study.
- 3) Resilience provides a framework for thinking about resilience and focuses primarily on attachment and belonging, supporting individual capabilities, and culture, community, and spirituality as key protective systems.

After hearing the presentation, attendees are encouraged to stay on for an open group discussion on ways we can think creatively about how this information can be applied within their own “sphere of influence” (family, workplace, school, community, etc.).

Please join us! This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.

A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work

Training is brought to you by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.