

# Understanding Adverse Childhood Experiences (ACEs): Building Community Resilience

Tuesday, March 31, 2020  
8:30 a.m. – Noon

Calvary Lutheran Church  
2508 Washington Ave SE, Bemidji, MN 56601

## ***In this workshop participants will:***

- Learn about the Adverse Childhood Experience study and the neurobiology that explains how toxic stress and adversity impact people's lives.
- Discover how to interact and support people who have experienced ACEs in ways that build and strengthen their resiliency.
- Find out what we can all do to dramatically improve health and resilience for this and future generations

Current research shows a high percentage of individuals are exposed to trauma and toxic stress. Trauma can undermine a person's ability to learn, form relationships and function in society.

People impacted by trauma are much more likely to:

- Experience serious health issues
- Attempt suicide
- Experience depression
- Become an alcoholic
- Have serious job problems

**That which can be predicted can be prevented!** When we are aware of the influence of ACEs on brain development and functioning, we are then more likely to be able to help interrupt cycles of trauma and promote the health and success of individuals, organizations, and communities. The benefits of this knowledge and action will resonate throughout the communities—at the workplace, in schools, and in homes.

## ***No prerequisite training or knowledge required***

- ❖ Hosted by the Beltrami Area Resiliency Team
- ❖ Certified Trainers – Peacemaker Resources and MN Communities Caring for Children
- ❖ Made possible by a grant from the Minnesota Department of Public Safety awarded to Beltrami Area Service Collaborative

## Registration

[http://teachpeace.link/  
ACEs\\_training](http://teachpeace.link/ACEs_training)

\$20 registration fee is requested.

Any additional donations are appreciated to help fund attendance for all.

Full scholarships are available by emailing  
[ResiliencyTeam@gmail.com](mailto:ResiliencyTeam@gmail.com)