

ACEs

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The more ACEs a person has, the more likely they are to experience negative health issues including, stress, cancer, and heart disease.

Adverse Childhood Experiences are stressful or traumatic experiences, such as abuse, neglect, and family dysfunction that disrupt the safe, stable, nurturing environments that children need to thrive.

Self-Care

Taking time out to care for yourself can remind you and others that your needs are important too.



Workshops

Part 1: Intro to ACEs

Part 2: Back to Basics

Part 3: Self Care

Self-Care is knowing
who you are
and your limits!

