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.

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

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

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