



## AUGUST NEWSLETTER

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### **ACEs 101: Understanding Adverse Childhood Experiences**

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur before the age of 18. These may include experiencing or witnessing violence, abuse, neglect, or growing up in a household impacted by substance use, mental illness, or incarceration. According to the CDC, 62% of U.S. adults report at least one ACE, and nearly one in four report three or more.

The impact of ACEs is profound and long-lasting. From disrupted brain development and emotional regulation to chronic health conditions like heart disease, diabetes, and depression, the ripple effects extend well into adulthood. But understanding ACEs also opens the door to prevention and healing. Through education, supportive relationships, and community care, we can buffer the effects of trauma and help build a future grounded in resilience and opportunity.

### **From ACEs to PACEs: Pathways to Healing**

While ACEs highlight risk, Protective and Compensatory Experiences (PACEs) emphasize healing and hope. PACEs include positive childhood experiences like feeling safe at home, having a mentor, access to supportive teachers, and safe places to play. These buffers serve as powerful antidotes to early trauma. Research shows that PACEs can significantly mitigate the effects of ACEs. At Women of Colors, our trauma-informed programs promote PACEs by empowering families, encouraging mentorship, and creating affirming environments.

***“Children are not things to be molded but are people to be unfolded.”***

***– Jess Lair***

# How Many ACEs Have You Experienced?

The ACEs questionnaire encourages reflection on one's early life experiences and serves as a tool for awareness—not a diagnosis. Here are ten questions often used in ACE assessments. Answering 'Yes' to any represents a potential source of childhood adversity:

- ☐ Were you often insulted or sworn at by a caregiver?
- ☐ Were you ever physically harmed (pushed, slapped, etc.)?
- ☐ Were you ever touched sexually or made to touch someone else?
- ☐ Did you feel unloved or unsupported by family?
- ☐ Did you go without food, shelter, or care?
- ☐ Were your parents divorced or separated?
- ☐ Did you witness domestic violence?
- ☐ Did someone in your household misuse drugs or alcohol?
- ☐ Did someone in your home suffer from mental illness or attempt suicide?
- ☐ Was someone in your household incarcerated?

A score of four or more ACEs can indicate higher risk—but it is not your destiny. Resilience, protective relationships, and healing spaces can rewrite the story.

After completing this self-assessment, please consider taking our two-minute ACEs Public Education Post-Campaign Knowledge & Impact Survey here: [Post Campaign Survey](#).

# Michigan & Saginaw Snapshot: ACEs by the Numbers

Data reveals that fewer than half of high school students in Genesee and Saginaw counties feel affirmed by parents or guardians. This matters. Positive affirmations from caregivers build self-worth and can significantly buffer the effects of trauma.



## Michigan ACEs Data:

- 45% of adults report at least one ACE
- Youth in high-poverty areas are more likely to experience four or more ACEs
- Only 27% of youth with high ACE scores report feeling affirmed at home

## Resources for Resilience and Healing

Below are trusted, accessible resources for understanding, preventing, and healing from ACEs:

### **CDC ACEs Prevention Resource for Action:**

A comprehensive guide with strategies, policies, and programs to prevent ACEs.

### **MI ACE Data Dashboard:**

Statewide and local ACE statistics to inform community action.

### **PACEs Connection:**

A community for trauma-informed change agents to connect, learn, and share resources.

### **ACEs Aware (California):**

Provider tools and training to screen, treat, and heal childhood trauma.

### **I'm So Proud of You Campaign:**

WOC's grassroots movement to build affirming relationships with youth.



Saturday  
August 2nd, 2025

*Gospel* FEST

12PM - 6PM

LOCATION: MORLEY PLAZA  
DOWNTOWN SAGINAW



*Bishop*  
NEAL  
Robertson



TYRONE  
*Judah*



JARELL  
*Small's*

TITTUS  
*Showers*



FEATURED GUESTS

FAMILY CENTERED

FREE ADMISSION

VENDOR SPACE ARE  
AVAILABLE



LISA  
*Page Brooks*

Contact us @  
(989) 737-8179 for information



WOMEN OF COLORS  
HOSTS

30  
AUG

BIG  
**YARD**  
Sale



TABLE SPACE

**\$25**

TABLE SPACE FEE WILL BE USED FOR  
WOMEN OF COLORS FUNDRAISING

Please bring table, chairs, etc. needed for space.  
Reserve your space before August 15th!!

10:00 AM - 3:00 PM  
3057 Davenport, Saginaw, MI 48602

For questions, call Evelyn McGovern (989) 737-9286  
or WOC Office (989) 270-1682.

# President's Corner



**Evelyn McGovern**  
**President/Co-founder**

As August begins and our kids head back to school, it's important to remember that not every child enters the classroom on equal footing. For many, past experiences of trauma—what we call Adverse Childhood Experiences, or ACEs—can make learning, focusing, and feeling safe much harder.

At Women of Colors, we know that healing happens in community. This month, we're shining a light on ACEs and recommitting to creating environments where every child feels seen, supported, and safe—both in school and beyond.

Let's continue working together to build a future where adversity does not define a child's story.

*I rise with stories etched in flame,  
No longer bound by fear or shame.  
The past once burned, but now I see—  
It forged the fire that set me free.*

## **STRONGER TOGETHER** | **SAGINAW** **ADDICTION SUPPORT GROUP**

Formerly known as *Families Against Narcotics Support Group*, **Stronger Together** is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

**1ST AND 3RD  
TUESDAY OF  
EVERY MONTH**

**3057 Davenport  
Saginaw, MI  
48602**

✉ [stronger@faceaddictionnow.org](mailto:stronger@faceaddictionnow.org)

## **Get In Touch**

Have questions or donations?  
Want to get involved?  
We'd love to hear from you!



[womenofcolors.org](http://womenofcolors.org)



1 (989) 270 - 1682



3057 Davenport  
Saginaw, MI 48602

**Let's Make A Difference  
Together!**