# Adverse Childhood Experiences

TRI·CITY Mental Health

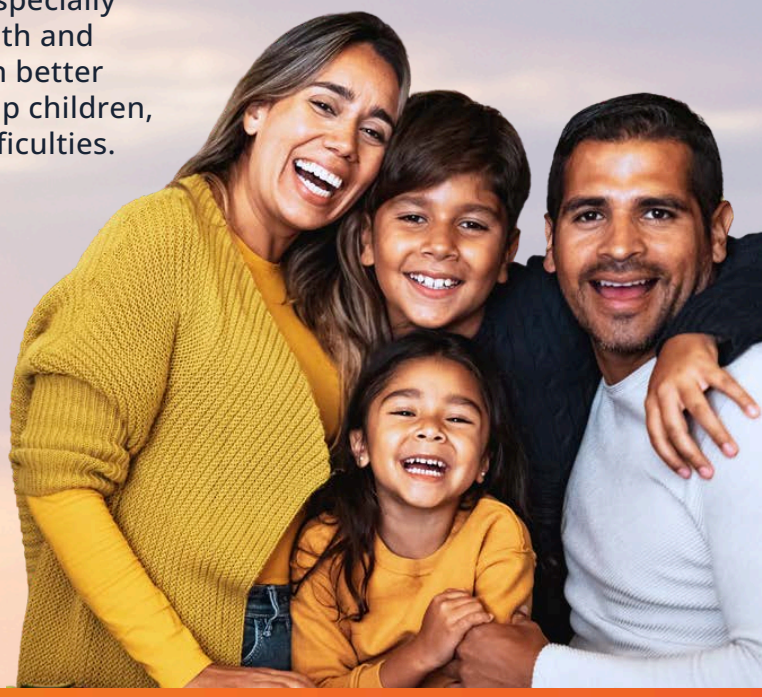
Free Wellness Webinar

**FREE & Open to ALL**

## Tuesday, October 27, 2026
## 1:00 PM–3:00 PM

### We each play a role in supporting the health and wellbeing of youth, adults and families.

This webinar will explore how early life experiences, especially stressful or traumatic ones, can impact long-term health and well-being. We'll share how families and caregivers can better understand these challenges, support healing, and help children, teens, and themselves grow stronger through life's difficulties.



## What you will learn

- The 1998 ACE (Adverse Childhood Experiences) study
- How trauma and toxic stress affect a child or teen's developing brain, body and emotions
- Strategies and resources to support your loved one's emotional strength and your own

## For more information

Empower your community with knowledge and support. Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.

cmht@tricitymhs.org (909) 242-7636

## Register for free

Visit the link or scan the QR code

tinyurl.com/mr2ucram

**HOPE. WELLNESS. COMMUNITY.**
Let's find it together.

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