

Adverse Childhood Experiences



Free Wellness Webinar

Friday, November 8, 2024
1:00 PM–3:00 PM

FREE
& Open to
ALL

We each play a role in supporting the health and well-being of children, adults and families.

This webinar focuses on how to recognize, address and heal the negative impacts of Adverse Childhood Experiences (ACEs) and toxic stress.

What you will learn

- ✓ The landmark 1998 ACE study
- ✓ How ACEs impact health & well-being
- ✓ How trauma & toxic stress shape the developing brain and body
- ✓ Strategies & resources to build resilience for yourself & your loved ones



For more information

Contact us to learn more about attending or hosting a free mental health training for your community or organization in Pomona, Claremont and La Verne

✉ cmht@tricitymhs.org ☎ (909) 242-7636



Register for free

Visit the link or scan the QR code

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