

Adverse Childhood Experiences



Free Wellness Webinar

Thursday, November 13, 2025
1:00 PM–3:00 PM

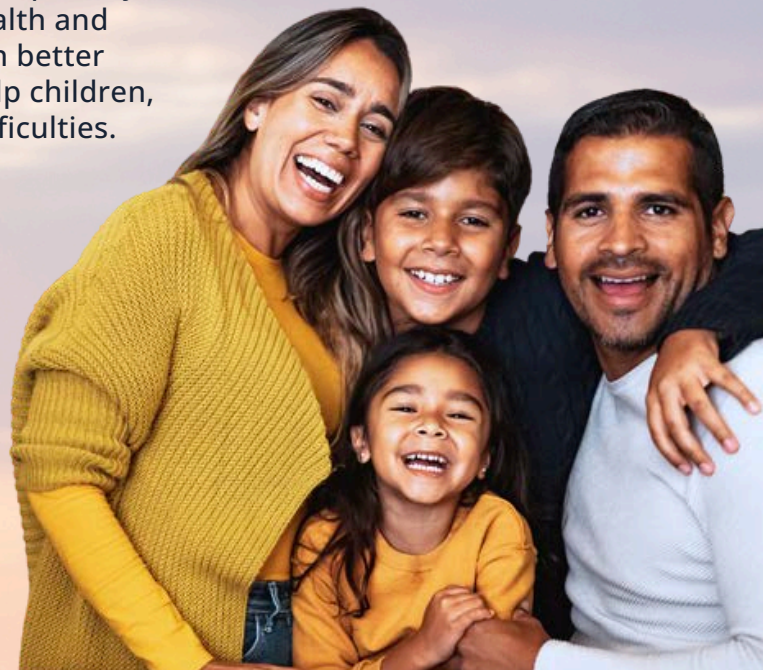
FREE
& Open to
ALL

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 groundbreaking 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/yc78jn7h

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