



MSU Extension Presents: Online - Extension Extras Parenting Hour ABC's of ACES (Adverse Childhood Experiences)

DATE:

April 4, 2023

TIME:

8:00pm to 9:30pm

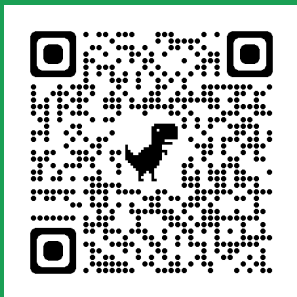
FREE

Download Zoom:

<https://zoom.us/download>

Register at:

https://msu.zoom.us/webinar/register/WN_4j5Ci-IrT6m-pfi_ZX6D3Q



For more information or accommodations*

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DESCRIPTION: April 4 – ABC's of ACES (Adverse Childhood Experiences)

Adverse Childhood Experiences, or ACEs, are significant childhood traumas that can impact health and wellbeing throughout the lifespan. There is growing interest among all sectors in the understanding and prevention of ACEs through a trauma-informed approach. This introductory informational workshop will focus on ACEs data specific to Michigan. Using materials developed by The Centers for Disease Control and Prevention, we will explore how this information can be used to provide and support more positive childhood experiences. Attendees of this workshop will learn the ABCs of ACEs, including **awareness** of what ACEs are, the importance of **building resilience**, and the role we all can play in our **communities** to help mitigate the risks of adverse childhood experiences.

Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of children as they navigate the challenges, joys, and concerns of parenting.

HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_4j5Ci-IrT6m-pfi_ZX6D3Q

Choose April 4 to register for ABC's of ACES

After registering, you will receive a confirmation email containing information about joining the meeting.

*** Accommodations should be requested no later than 2 weeks before class**

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