



# ACES

## & Resiliency TRAINING

Adverse Childhood Experiences (ACEs) are circumstances in childhood that can have lifelong impacts on an individual's health and well-being. By learning about ACEs, we can improve our community's ability to prevent, treat, and recover from trauma and its effects. Join us to learn about:

- Adverse Childhood Experiences and trauma
- The impacts on health and wellbeing
- The relationship between ACEs and substance use disorder
- How to prevent ACEs
- How to provide trauma-informed care

**All are welcome! To request a training,  
email: [info@healthierkittitas.org](mailto:info@healthierkittitas.org)**



**KITTITAS COUNTY**  
Health Network