

# Rising Together

Helping children, adults, families and communities heal and thrive



## Free Virtual Training

Adverse Childhood Experiences (ACEs) do not define you. You can build resilience and live a happy, healthy life.

**Open to Service Providers, Educators, Parents, Caregivers and Community Members**



Gain a deeper understanding of the landmark 1998 ACE study and how ACEs impact health across the lifespan.



Learn how trauma and toxic stress shape the developing brain and body, and how safe, supportive and caring relationships can buffer the effects.



Gain strategies and resources to build resilience and support individuals who have experienced ACEs.

## Register for upcoming trainings

Wednesday | 1:00-3:00 pm

**July 13, 2022**

Sign-up at [bit.ly/3t0j59x](https://bit.ly/3t0j59x)

Visit [bit.ly/tcmh-acesaware](https://bit.ly/tcmh-acesaware) to learn more.



For more information, contact [aces@tricitymhs.org](mailto:aces@tricitymhs.org) | (909) 326-4632

Join the movement at [ACESAware.org](https://ACESAware.org) to screen, treat, and heal ACEs and toxic stress

ACES Aware is an initiative of the Office of the California Surgeon General and the Department of Health Care Services.

Tri-City Mental Health, through the statewide ACEs Aware Grant Program, is offering free trainings to medical providers and the community to enhance awareness of Adverse Childhood Experiences (ACEs) and the long-term health effects they can have on children and adults, if not addressed.