

Building Resilience and Promoting Healing in Children, Families and Communities

How ACE's Impact Health and Well-Being

Please join the staff at Fort Belvoir Elementary Campus
for this informative event

When: Monday, Feb. 22, 2021
5:00pm—6:30pm

Where: [Resilience, Healing and ACEs Parent Workshop](#)



UNDERSTANDING
Adverse Childhood Experiences

Questions?

Contact Florence Newsome,
Parent Liaison, Fort Belvoir
Schools

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The Research

- Frequent and prolonged exposure to adversity can create toxic stress, which may impact brain development, learning and overall health
- Certain positive childhood experiences can counter-balance the impact of ACEs
- Understand how your own ACE score impacts you and your parenting
- Educate yourself about parenting to promote resilience
- Learn parenting strategies to protect your child against the impact of ACEs

What Can Parents Do?