



2024 SCHEDULE

UNDERSTANDING ACEs

This free training is open to everyone via Zoom, with registration required. It will be offered on the third Tuesday of every other month starting January 16.

Understanding ACEs: Building Self-Healing Communities

The Adverse Childhood Experiences (ACE) Study findings represent a paradigm shift in human understanding of the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems, and early death have their roots in the cumulative neurodevelopmental impacts of Adverse Childhood Experiences (ACEs).

The key goal of this training is to build a common language and understanding of ACEs and the related research. Attendees will be encouraged to think about how this information could be applied within their own “sphere of influence” (family, workplace, school, community, etc.).

In this session, you will:

- Understand how brains adapt to the environment during childhood.
- Learn the basic concepts of toxic stress and its impact on development.
- Review the data and key findings from the Adverse Childhood Experiences Study
- Discover the framework for building resiliency for individuals and communities.

For more information, contact:

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Understanding ACEs: Building Self-Healing Communities

Tuesday, January 16, 2024
5:30–7:30 p.m. MT / 6:30–8:30 p.m. CT

Tuesday, March 19, 2024
5:30–7:30 p.m. MT / 6:30–8:30 p.m. CT

Tuesday, May 21, 2024
5:30–7:30 p.m. MT / 6:30–8:30 p.m. CT

Tuesday, July 16, 2024
5:30–7:30 p.m. MT / 6:30–8:30 p.m. CT

Tuesday, September 17, 2024
5:30–7:30 p.m. MT / 6:30–8:30 p.m. CT

Tuesday, November 19, 2024
5:30–7:30 p.m. MT / 6:30–8:30 p.m. CT

[REGISTER HERE](#)

Please RSVP using the link above or use the QR code below.



Presented in cooperation by:

