

Adverse Childhood Experiences and How to Help Build a More Resilient Community



The memory of childhood experience is stored in our bodies, and not just our minds.

Our experiences have a profound impact on who we are and who we will become. When children experience traumatic events, it can have lasting effects on their mental health and wellbeing. These events are called Adverse Childhood Experiences, or ACEs.

Studies show that 26% of adults have at least one ACE, while 1 in 8 adults have experienced four or more ACEs. This trauma reliably predicts risks for mental, physical and behavioral health needs in the population; the likelihood of developing chronic diseases and other ailments increases.

In an effort to reduce ACEs and ultimately improve the health of our communities, presenters across Virginia are working to raise awareness through connection and education by empowering resilient, self-healing communities.

What's predictable is preventable.

This **free** presentation includes in-depth information about:

- The neurobiological effects of adversity on development.
- The impacts of childhood adversity and trauma on population health.
- Resilience and what we can all do to improve health and well-being across the lifespan.

Wednesday, May 26, 2021
10 a.m. to noon

Click the link to register

<http://bit.ly/ACES-05-26>



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