



# Understanding Adverse Childhood Experiences & Building Self-Healing Communities




## UPCOMING TRAINING DATES


### September

 Sept. 8 (9am-12pm)


 Sept. 20 (12pm-3pm)


### October

 Oct. 11 (12pm-3pm)


 Oct. 20 (9am-12pm)

### November

 Nov. 1 (9am-12pm)

 Nov. 10 (9am-12pm)

### December

 Dec. 13 (9am-12pm)

## FREE! VIRTUAL TRAININGS

When children experience traumatic events, it can have lasting effects on their mental health and wellbeing. These events are called ACEs.

This important training helps raise awareness and provide resources in an effort to reduce ACEs, foster resilience, and improve the overall health of our communities.

**Click on the date to**

**REGISTER NOW**



This free training is made possible by these collaborating Community Services Boards:  
Alleghany Highlands;  
Chesapeake; Chesterfield;  
Goochland Powhatan; Hanover;  
Henrico; Horizon; Northwestern;  
Rappahannock Area; Region Ten;  
Rockbridge Area; Southside;  
and Valley.