

FREE
training

Understanding Adverse Childhood Experiences (ACEs)



Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences that can significantly impact us throughout our lives, both as children and young people *and* as adults.

There are things we can all do to address adversity you or others may be facing



Get to know yourself.
Understand and appreciate who you are as a person.



Show empathy and have compassion. Be kind to yourself and others.



Create safety and choice, for yourself and those around you.



Look at the big picture – think about things from different angles. Explore what could make a difference in the situation, however small.



Actively find and build on positives – seek out and do things that make you and your family stronger.

Join the FREE ACE-Aware sessions and learn:

- What are ACEs.
- The impact ACEs can have.
- The ACEs framework: five ways we can adapt our practice and interactions with others to buffer the impact of ACEs.

45 minute, virtual sessions.

Various dates and times available until July 2024

[Book here > liverpoolcamhs.com/events/tags/aces/](https://liverpoolcamhs.com/events/tags/aces/)