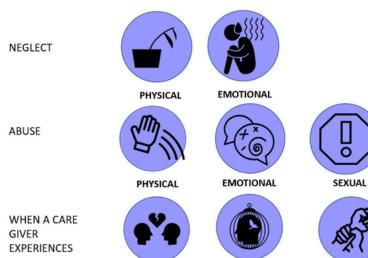


Addressing Adverse Childhood Experiences

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.





DIVORCE OR SEPERATION

ADDICTION When a care giver abuses drugs, alcohol or gambling.

DOMESTIC ABUSE Physical, verbal, financial,

MENTAL ILLNESS

PRISON

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

coercive control



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/