



# Understanding ACEs: Building Resilient Communities

Understand how Adverse Childhood Experience (ACEs) impact you and your community



## ACEs and Health

ACEs are the most powerful determinant of the public's health.



## ACEs are Common

ACEs are widespread- but they don't have to define your future or potential.



## Resilience Matters

Education and prevention are essential to creating a healthier society for generations to come.

# REQUEST A FREE TRAINING!

Our team of trainers offers free training on ACEs, the impact of trauma on the developing brain and on how we can build resilient communities. For more information or to schedule a training please contact the Goodhue County Child & Family Collaborative.

### CONTACT:

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