



FEBRUARY LEARNING SERIES

UNDERSTANDING ACEs

Adverse Childhood Experiences (ACEs) study findings represent a paradigm shift in human understanding of the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems and early death have their roots in the cumulative neurodevelopmental impacts of ACEs.

The key goal of these trainings is to build a common language and understanding of ACEs and the related research. You will be encouraged to think about how this information could be applied within your own “sphere of influence”—family, workplace, school, community, etc.

- Understand how brains adapt to the environment during childhood.
- Learn the basic concepts of toxic stress and its impact on development.
- Review the data and key findings from the ACE’s study.
- Discover the framework for building resiliency for individuals and communities and explore strategies for building resiliency.
- Understand the difference between intelligence and emotional intelligence (EI).
- Discuss the components of EI, including how to increase individual EI.

**For more information, contact a Children’s Home Society
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Trainings are open to everyone
via Zoom, with registration required.
Participants may choose to
attend one, any, or all sessions.

Understanding ACEs: Creating Self-Healing Communities

Friday, Feb. 11
Noon–1:30 pm MT/ 1–2:30 pm CT

[REGISTER HERE](#)

Building Resiliency

Friday, Feb. 18
Noon–1:30 pm MT/ 1–2:30 pm CT

[REGISTER HERE](#)

Understanding Emotional Intelligence

Friday, Feb. 25
Noon–1:30 pm MT/ 1–2:30 pm CT

[REGISTER HERE](#)

Please RSVP
using the links above.

Presented in cooperation by:

