



**Free Training**  
**Open to the Public**

# UNDERSTANDING ACEs

## Building Self-Healing Communities

Learn about ACEs and how you can support children and adults impacted by them.

This educational experience is helping Alexandria to develop a common language around ACEs (Adverse Childhood Experiences), trauma, and resilience in our community, explain why ACEs have so much effect in people's lives, and shift our mindset around what we can all do to build a more resilient, healthy community.

### Questions?

Email [temi.aregbesola@alexandriava.gov](mailto:temi.aregbesola@alexandriava.gov).

### REGISTER TODAY!

#### IN-PERSON CLASSES

4850 Mark Center Dr. • Conf. Room 9529 • Alexandria, VA

**Monday, June 12**

10 a.m.-Noon



**Thursday, July 13**

10 a.m.-Noon



#### VIRTUAL CLASS

Held on Zoom

**Wednesday, August 9**

10 a.m.-Noon



Department of Community  
and Human Services

5.22.2023