What are ACEs?
ACEs are Adverse Childhood Experiences that be traumatic, causing toxic stress and negatively impacting a child’s brain development. This may prevent them from learning, playing in a healthy way with others, and possibly long-term health problems.

Childhood Trauma can include:
- Loss of a parent to divorce, separation, or abandonment.
- Substance Abuse in the Home
- Domestic Violence
- Incarceration of a parent or caregiver
- Neglect
- Abuse of any kind

How we Can Develop Resilience?
The Parenting through Childhood Stress Project will empower you to acknowledge ACEs in your community, recognize the barriers of asking for help, offer basic strategies to increase family and community resilience in ALL families, and offer additional community resources for building resilience and hope in parents who have experienced ACEs to interrupt the cycle of ACEs passed from parent to child.

Please contact nbarnes@famres.org or (563)468-2339 for more information or to schedule this presentation for your group of parents!