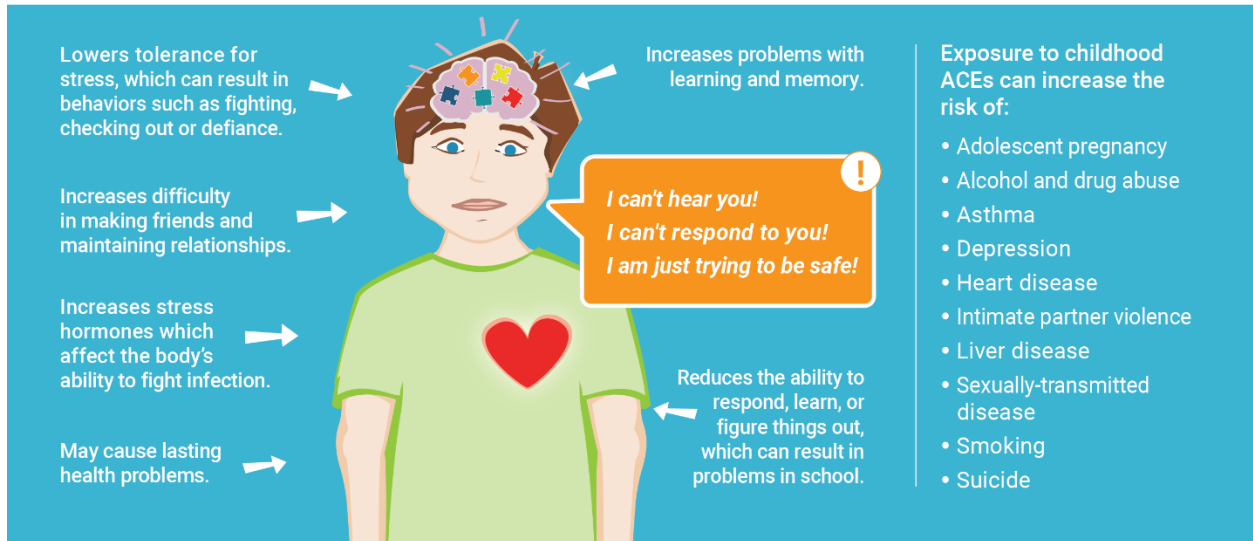


Adverse Childhood Experiences

Understanding ACEs

ACEs (**Adverse Childhood Experiences**) are serious childhood traumas that can result in toxic stress. Prolonged exposure to ACEs can create toxic stress, which can damage the developing brain and body of children and affect overall health. Toxic stress may prevent a child from learning or playing in a healthy way with other children, and can cause long-term health problems.



ACEs (Adverse Childhood Experiences) can include:

- Abuse: Emotional/physical/sexual
- Bullying/violence of/by another child, sibling, or adult
- Homelessness
- Household: Substance abuse/mental illness/domestic violence/incarceration/parental abandonment, divorce, loss
- Involvement in child welfare system
- Medical trauma
- Natural disasters and war
- Neglect: Emotional/physical
- Racism, sexism, or any other form of discrimination
- Violence in community

! SURVIVAL MODE RESPONSE

Toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority.

RENEW BRYSON CITY WILL SPONSOR THE FILM, "RESILIENCE", AND COUNSELOR NEIL HOLDEN WILL SHARE STRATEGIES TO HELP YOUR FAMILY WITH INTERVENTIONS THAT CAN BE USED TO HELP REPAIR THE EFFECTS OF ACE'S AND CHRONIC STRESS.

**A HOTDOG DINNER WILL BE PROVIDED AS WELL AS CHILD CARE FOR CHILDREN 3 - 12 YEARS OLD
IF YOU REGISTER BY FEBRUARY 17 AT 828-488-4455.**

**THURSDAY, FEBRUARY 20, 6:00-8:00 PM
BRYSON CITY METHODIST CHURCH
76 MAIN STREET.
BRYSON CITY, NC 28713**

