



UNDERSTANDING N.E.A.R. SCIENCE

Neuroscience

Epigenetics

Adverse Childhood Experiences

Resilience

BUILDING SELF-HEALING COMMUNITIES



We provide education and opportunity for dialogue to a broad cross section of residents and professionals to build common language and understanding about how experience affects well-being.....



So that community residents and professionals are surrounded by people who are knowledgeable about ACE concepts and have skills for recognizing what's helping or hurting, and for engaging people most affected by ACEs in hope-filled action.....

So that we reach a tipping point in communities where it is usual for people to:

- Have opportunities for a change moment: feel seen, understood, and accepted*
- Develop compassion for self, make meaning from experiences, and build on core gifts*
- Know the most powerful determinant of health: ACEs*
- Make decisions and take actions to build adults' capacities to protect and respond to child needs.....*

So that children reach their full potential by growing and developing in relationships that are health and protective, and ACEs Scores are reduced in the next generations



Participants will learn:

- 1) The neuro-biological effects of adversity on development,
- 2) The impacts of childhood adversity and trauma on population health, and
- 3) Resilience – what we can all do to improve health and well-being across the lifespan.