



# Understanding Adverse Childhood Experiences



## Presenter:

**Beth Schmidt,**

Family Peer Support  
Specialist, MCF

## Register at:

<https://sforce.co/3wMEGVH>

Join MCF for a free webinar on Adverse Childhood Experiences (ACEs). Adverse Childhood Experiences are serious childhood traumas that can result in toxic stress. Toxic stress may prevent a child from learning or playing in a healthy way with other children and can cause long term health problems. Examples of ACEs include: physical, emotional or sexual abuse; homelessness; exposure to substance use; domestic violence; neglect; and racism.

## Participants will learn:

- Types of trauma that are considered ACEs
- How children respond physically and emotionally to ACEs
- How to help children heal from the negative impact of trauma

**Wednesday, April 27**  
**6:00 - 7:00 PM**