



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**



FREE TRAINING

UNDERSTANDING ACES

BUILDING SELF-HEALING COMMUNITIES

**OPEN TO
THE PUBLIC**

WHERE

WHEN

This educational experience helps participants develop a common language around **ACEs (Adverse Childhood Experiences)**, trauma, and resilience in our community, thus shifting our mindset about what we can all do to build more resilient, healthy communities.

VIRTUAL:

REGISTER AT

[ALEXANDRIAVA.GOV/GO/5209](https://alexandriava.gov/go/5209)

TUESDAY, MAY 12

10 a.m to 12 p.m.

For questions or reasonable disability accommodations, contact temi.aregbesola@alexandriava.gov or call 703.967.6597, Virginia Relay 711.