

Do you know about ACEs?

Presented by Tarrah Harnden, MA, LMFT

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES (ACEs)

Is a person's family history of heart disease more than just a genetic problem? **What does depression and alcohol addiction have in common?** How does having a positive relationship with others impact overall health outcomes? Find out how the research around ACEs is changing the field of mental health, education, and medicine. We will provide information and tools that will help you implement this ground-breaking research around ACEs and improve the health of your family and community.



To register,
please call 459-3481.

Tarrah Harnden is a Licensed Marriage and Family Therapist with over 12 years of experience working with children, teens, families, and individuals in the field of mental health. She also trained in Somatic Experiencing, an approach that helps people heal from the negative impact of trauma.

TUESDAY
JAN 22
GRENADA ELEMENTARY SCHOOL
516 Shasta Blvd, Grenada
5:30 - 7:30PM
Dinner and child care
are provided!

