

# BUILDING RESILIENCE

## THE TRUTH ABOUT ACEs

Most people in our world today have been affected in one way or another by ACEs (Adverse Childhood Experiences). As the number of ACEs increases, so does the risk for negative health outcomes in behavior, physical, and mental health. Through this workshop, you will learn about the impact of ACEs and skills and practices for building resilience in yourself, children, youth, and others – giving the winning hand to health and wellbeing.

A family dinner and child care  
are included.  
No cost to participants.



**Thursday, December 5<sup>th</sup>**

**5:30 – 7:30pm**

**Register [here](#) or call 530.918.7222**

**Evergreen Elementary School, Cafeteria & Room 8  
416 Evergreen Lane, Yreka**

### Meet our Facilitator – Katie Eastman, MPH

Katie Eastman, MPH, has worked in community health and development programs internationally as well as at the federal, state and local government levels for the past decade. Her expertise and background is focused primarily in Maternal, Child and Adolescent Health, but also encompasses other areas of public health and community development.

