

THE IMPACT OF ACES

*An education session for
caregivers and support workers
by CYMH Clinical Supervisor
Troy Forcier*

Negative, stressful, traumatizing events that occur before age 18 are referred to as adverse childhood experiences (ACEs). ACEs are divided into 10 categories that fall under the umbrellas of abuse, neglect, and household dysfunction. These experiences create toxic stress. Children with ongoing, unmitigated toxic stress develop patterns of adaptive and physiological disruptions that compromise health over the lifespan. Questions still remain as to why some people with high ACE scores are nevertheless resilient, meaning they avoid negative outcomes, while some people with low ACE scores struggle with a range of health challenges in adulthood. Troy will educate and inform people as to what we know and how we can help our children best cope.

To register or for more information,
Please contact Marna Forsyth
Ph/ Text: 250-609-2017
mforsyth@interiorcommunityservices.ca



Tuesday, October 23, 2018
10:00 am – noon
Cariboo Family Enrichment Centre

