



**R.O.C.K.
Mat-Su**

Raising Our Children
with Kindness

UPCOMING ONLINE

TRAININGS



PACES: POSITIVE & ADVERSE CHILDHOOD EXPERIENCES

This FREE presentation is open to ADULTS who are interested in learning how to identify and counteract Adverse Childhood Experiences (ACEs) to develop resilient kids. *Registration is not required.*

- **Thursday, September 24 — 11 am to 12:30 pm**
- **Tuesday, November 17 — 11 am to 12:30 pm**

RAISING RESILIENCE

Despite growing up with adversity, positive experiences buffer the trauma and promote healing. Learn ways to foster healthy growth and development in children that correlate to stronger adult mental health and overall wellness.

- **Thursday, October 8 — 10 am to 11 am**
- **Wednesday, December 1 — 10 am to 11 am**



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