



## **Free Mentor Training Opportunity**

The Mentor Center will be hosting a virtual '*PACEs: Impact on the Developing Brain, Resilience, and Lifelong Health*' workshop on **Thursday, March 24<sup>th</sup> from 6:00-7:30 pm.**

Participants will learn:

- About the ACE study;
- Outcome and Findings of the ACE study;
- What is Toxic Stress and its Impact on the Developing Brain throughout the Lifespan
- Impact of Early Adversity on Lifelong Health – Emotional and Physical;
- What are PCEs and the difference between PCEs and ACEs;
- Ways to create trauma-informed and resilience-building practices

**[Register HERE](#)**

