

MAY IS MENTAL HEALTH AWARENESS MONTH

The Lake Worth Beach CRA in partnership with the Center for Child Counseling and Healthier Lake Worth Beach invite you to an online presentation.

In the absence of protective relationships, toxic stress in childhood impacts an individual's well-being across the lifetime. The ACE (Adverse Childhood Experiences) Study, one of the largest studies conducted to assess the association between childhood maltreatment, later-life health and well-being, is highlighted. This presentation provides an overview of the ACE study, Trauma, Toxic Stress, and the impact on health. Resilience and building a trauma-informed approach is also explored.

**MENTAL HEALTH -
TRAUMA AND RESILIENCY**
MAY 16TH | 9:00AM EST
A FREE one-hour event ONLINE via ZOOM

To Join Zoom Meeting:

Meeting ID: 824 8313 3909

Passcode: 567132

Join Zoom Meeting Online at

<https://us02web.zoom.us/j/82483133909?pwd=TUYyZUhzMUppQ2tCaWFQSHBQc0Radz09>



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