



# Building Resiliency With Youth

## Free Virtual Workshop

**Wednesday, September 23 | 5 to 7 p.m.**

Hosted online via Zoom by The Center for Family Safety and Healing

**Register in advance at <https://bit.ly/BuildingResiliencyYouthSept2020>**

Youth face many challenges during their lives, including Adverse Childhood Experiences (ACEs). Yet it can be difficult to translate the science of ACEs and its impact on their physical/mental health. This session will explain how ACEs affect development in the brain and explore practical tools that promote resiliency through collaborative “power with” relationships between adults and youth.

**The Zoom access link will be sent to registered participants.**

**For questions, contact Judy Mathis at (614) 722-5911 or**

**[Judy.Mathis@familysafetyandhealing.org](mailto:Judy.Mathis@familysafetyandhealing.org).**

