



YOU'RE STRONGER THAN YOU THINK

**WATCH THE
LECTURE ONLINE**

FREE ONLINE HEALTH LECTURE

Undoing the damage of childhood trauma

When Thursday, June 18, from 6 to 7 p.m.

Where Watch online. You'll get the link once you register.

Physical or mental abuse as a child. A violent assault. Death of a parent by suicide. Adverse Childhood Experiences (ACEs) come in many forms. These early-in-life traumatic events can trigger emotional and even physical reactions that can make you more prone to a number of health problems as an adult, including mental health issues and drug or alcohol addiction. Luckily, ACEs are treatable problems.

Learn about the long-term negative effects of ACEs, and how they can lead to mental health problems and substance use disorders. Then hear practical steps you or others in your life can take to address ACEs.

RESERVATIONS REQUIRED:
bchlectures.org/childhood-trauma



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