



*Through the OceanPath Fellowship I hope to create a small snowball of change that will grow to help the many Canadians affected by Adverse Childhood Experiences by combining my love for science and passion for community building.*

# Katie Zumwalt

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Adverse Childhood Experiences (ACEs) in the form of abuse, neglect or household instability impact the proper neurological brain development of a child and often lead to detrimental long term mental, physical and emotional health outcomes. Through the OceanPath Fellowship I hope to continue to translate the knowledge of this critical brain science to front line workers serving Calgary's most vulnerable populations.

Through their evidence-based educational and therapeutic programs for at-risk individuals and families, CUPS has built an effective platform for applying the brain science of ACE to praxis. In the fellowship I am excited to work alongside CUPS, an organization I have grown up supporting, and introduce aspects of their work to Father Scollen School and the greater Calgarian community. I hope to empower individuals working with at-risk families and together learn how to build resiliency, prevent, screen and heal the effects of toxic stress.

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