

# SAVE THE DATE:

## Adverse Childhood Experiences (ACEs) Café

An adverse childhood experience (ACE) describes stressful experience's in a person's life occurring before the age of 18. The Café is built on the assumption that people already have within them the wisdom and creativity to confront even the most difficult challenges. The world is changing and the job of parenting is more complicated. The truth is that families take work-but for every ounce of effort you invest in your family, the results will be amazing.

**Café I** Monday, November 28, 2016 6:00-8:00 pm

The ACE Study findings from the original study and across the country

**Café II** Monday, December 5, 2016 6:00-8:00 pm

Brain Science: How stressful early experiences repeated over and over again impact our brain and later in life health

**Café III** Monday, December 12, 2016 6:00-8:00 pm

How families and community work together to stay strong

**Where:** Great River Regional Library  
Bremer Room  
1300 W. St. Germain St.  
St. Cloud, Minnesota 56301

**Details:** Child Care Provided, Lite Dinner Served

Limited Space, RSVP Necessary:

Roxy Foster 651.442.8914 or rfoster@pcamn.org

