

Do You Have Resilience? Really?

*Let's get
together on June 25
to make a
difference*

They happen to all of us--adverse childhood experiences, setbacks, painful losses, even trauma. And **resilience** is what we need to heal.

But, how to get it and how do we keep it?

And how do we share it with our communities and organizations?

Come Join the AVP/ACEs Conversation on :

- Overcoming adverse childhood experiences (ACEs)
- How resilience works for you
- Reawakening optimism as a strategy
- Healing on organizational and community levels
- Spreading health and recovery to others

WHEN: Saturday, June 25, 2016

WHERE: The First Methodist Stony Point Worship Center
2150 Giffen Ave. and Stony Point Rd., Santa Rosa

SCHEDULE: 1:30 Check-in, 1:45 Discussion,
2:30 Breakouts, 3:00~3:30 Refreshments

ACEs Connection Sonoma County is a social network that works to bring the community together to prevent, heal and treat ACEs while promoting resilience.

Alternatives to Violence Project (AVP) promotes empathy, self-knowledge and healing, focusing on the prison population and the communities that support them.



*Guest Grace Harris, MFT
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This discussion is sponsored by the Northbay Council of AVP

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