



# How to Build Hope By Establishing a Trauma-Informed Community

November 2nd from 12pm-2pm

## 12:00 pm-1:00 pm

Lunch is provided as we learn about Adverse Childhood Experiences (ACEs) and the direct impact they have on an individual's nervous system/brain development. ACEs are common & do not have to define an individual's future.

Join us in learning how to better understand ACEs, their impact, and how to establish a trauma-informed and self-healing community.



## 1:00 pm-2:00 pm

Hear from a local panel on how they help prevent ACEs by creating protective factors in the community.



Brookings Area United Way



Center for Disabilities

Register by scanning the  
QR code above or by calling  
**605-692-4979**