



## Overview

Held the first Thursday of every month from 10:00-11:30am, Learning Thursdays raise awareness of adverse childhood experiences (ACEs) and protective factors, including positive childhood experiences, that help to address ACEs.

### Adverse Childhood Experiences

The ACE Study confirms, with scientific evidence, that adversity during development increases the risk of physical, mental and behavioral problems later in life. The ACE Study and other research using the Study's framework have taught us that ACEs are the leading cause of health and social problems in our nation – the most powerful determinant of the public's health. ACE sessions use the ACE Interface® curriculum focused on neuroscience and epigenetics, the ACE Study and impact of ACEs, and resilience to overcome and prevent ACEs.



Each session is scheduled from 10:00 – 11:30 a.m. on the following dates:

- March 2
- May 4
- July 6
- September 7
- November 2
- December 7

### Protective Factors

Protective Factors serve as buffers that help parents find resources, identify supports and develop coping strategies so they can parent more effectively, even under stress. Protective factor sessions address how to build resilience and empower action in your community. Each session is scheduled for 10:00 – 11:30 a.m. on the following dates:

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|--|------------|
| • Build Resilience Through Learning Skills                     | February 2 |
| • Grow Positive Outcomes Through Individual Development        | April 6    |
| • Support Children and Families Through Positive Relationships | June 1     |
| • Create Positive Environments for Social-Emotional Well-being | August 3   |
| • Share Resources to Meet Basic Needs                          | October 5  |

Contact Alexis Dow, [adow@scchildren.org](mailto:adow@scchildren.org) if you have any questions.

Register for all sessions online at [scChildren.org/events](https://scchildren.org/events)