

# What if we changed the question?

Instead of asking, "What's wrong with you?"  
What if we asked, "What happened to you?"

## Understanding the Impacts of Childhood Trauma

**Wednesday**

**May 26**

**5:30-6:30 pm**

*\*This event is being scheduled online via Zoom, until in-person gatherings are resumed.*

*This educational event is for business owners, parents, educators, anyone working with children or adults, customer service representatives, first responders, medical providers, everyone in our community, and YOU!*

Our earliest experiences shape our lives far into adulthood.

Please join us to understand how childhood trauma affects not only our physical and mental health, but also how it impacts our families, places of work, and our community.

This presentation will help you to:

- Understand different kinds of trauma and how those can affect our physical and mental health
- Learn about the vulnerability from and effects of toxic stress and adverse childhood experiences (ACEs) on brain and nervous system development
- Better understand the long-lasting implications of historical and generational trauma on individual and family well-being
- Make a subtle but profound shift in our approach to trauma
- Discover how to better understand our own pasts, as well as how to interact with and support others who have experienced adversity, responding in ways that build and strengthen our resiliency
- Find out what we can all do to dramatically improve health and well-being for this and future generations and to build community resilience

*Please know this can be a sensitive subject for some, we will do our best to create a safe space, and also please take care of yourself as you need to during this presentation.*

**Free to attend, no prior training or knowledge necessary.**

**TO SIGN UP PLEASE RSVP HERE:**

Call (209) 223-5921 or send an email to [info@amadorcapc.org](mailto:info@amadorcapc.org).

A Zoom link will be provided to you. To learn more about Resilient Amador, visit [amadorcapc.org/resilient-amador](http://amadorcapc.org/resilient-amador).

**Building a Resilient Amador**

