

*What is wrong with you
What happened to you*

toxic stress

ACE's

brain development

long-term health effects

resilience

impacts on relationships

epigenetics

coping skills

adversity is not our destiny

TOXIC STRESS AND RESILIENCE

FEBRUARY 16, 2022 FROM 12PM - 2PM

REGISTER:

https://us02web.zoom.us/meeting/register/tZArc-CtrjwuE9fu_DiRw7f3uZbcKJsNL148

Did you know that early life experiences can impact our health as adults? In this two-hour training, we will explore how toxic stress (with research from the Adverse Childhood Experiences - ACEs - Study) can impact our health and how the science of Resilience can help us turn things around for individuals, families, and the community. This class is for anyone who is interested in understanding the science behind toxic stress and how to improve the well-being of our community.



**Greater Gallatin
United Way**

For more information, email ellie@routefinderconsulting.com or call GGUW at 406-587-2194