

Building a Resilient Amador

Understanding Childhood Trauma & Its Impacts

Looking for a guest speaker for your service organization, community group, or faith-based gathering; a presenter or on-going education for a staff meeting or training?

ACEs, Trauma-Informed Care, and Resilience

Understand how trauma impacts our community, places of work, families, and each other.

To schedule a virtual presentation: (209) 223-5921 / info@amadorcapc.org.

What are ACEs and Why do They Matter?

Adverse childhood experiences, or ACEs, are traumatic experiences that affect brain development in youth under the age of 18. In the absence of a nurturing caregiver or other protective factors, these early adverse experiences can negatively impact growing brains and bodies.

The more types of and frequency of trauma people experience, the more severe the consequences. People with a high number of ACEs are more likely to struggle with depression and autoimmune diseases, for example. These effects and others have major consequences in our schools, our places of work, in our criminal justice system, and in our community.

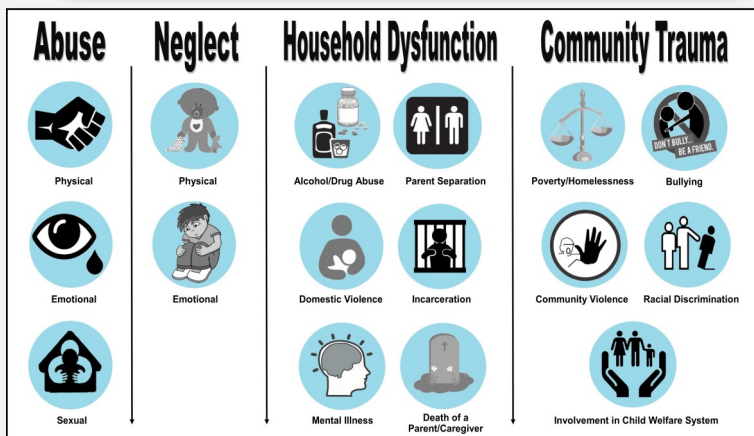
RESILIENT AMADOR

Who We Are:

- Early childhood education
- Family services
- Schools & education
- Health care
- Mental and behavioral health
- Juvenile justice
- Government
- Law-enforcement
- Community-serving organizations
- Businesses
- Community members

What We Do:

- Educate Amador County about ACEs and the effects of toxic stress.
- Actively support the implementation of trauma-informed practices that increase resilience and wellness for all residents.
- Provide an opportunity for community members to network, support and learn from each other.



Find out more about **Resilient Amador** at amadorcapc.org/resilient-Amador, or email info@amadorcapc.org with questions or for more information on how to get involved.

