

# Adverse Childhood Reactions (ACEs)

February 26, 2025

10:00-11:30am MST

This psychoeducational session will discuss what Adverse Childhood Experiences (also known as ACEs) are, and how certain childhood experiences might affect adult health. Attendees will also explore a more updated, expanded understanding of adversity (and therefore, one's understanding of ACEs) through addressing a concept known as toxic stress.



## Learning Outcomes:

- A greater understanding of the definition of Adverse Childhood Experiences (ACEs)
- A greater understanding of the different types of stress and how they related to ACEs
- A greater understanding of the resilience and protective factors for both children and parents/caregivers
- A greater understanding of the different supports and programs offered through Little Warriors (an agency dedicated to the prevention, awareness, treatment, and education of child sexual abuse)

## Speakers:

Jill McNeil has worked with Little Warriors for the past 6 years, honoured to have served child sexual abuse survivors and their families through a variety of different ways. Through the COVID-19 pandemic, she along with other members of the Little Warriors Clinical Team created on-line support programs (called the Be Brave Bridge programs) to help families who would not otherwise receive timely mental health support. She is now the clinical Lead of these programs, which connect specialized counsellors and coaches with children, teens, and parents impacted by not only child sexual abuse specifically, but trauma in general.



Target Audience:  
Parents/Caregivers

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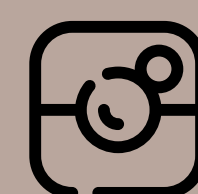
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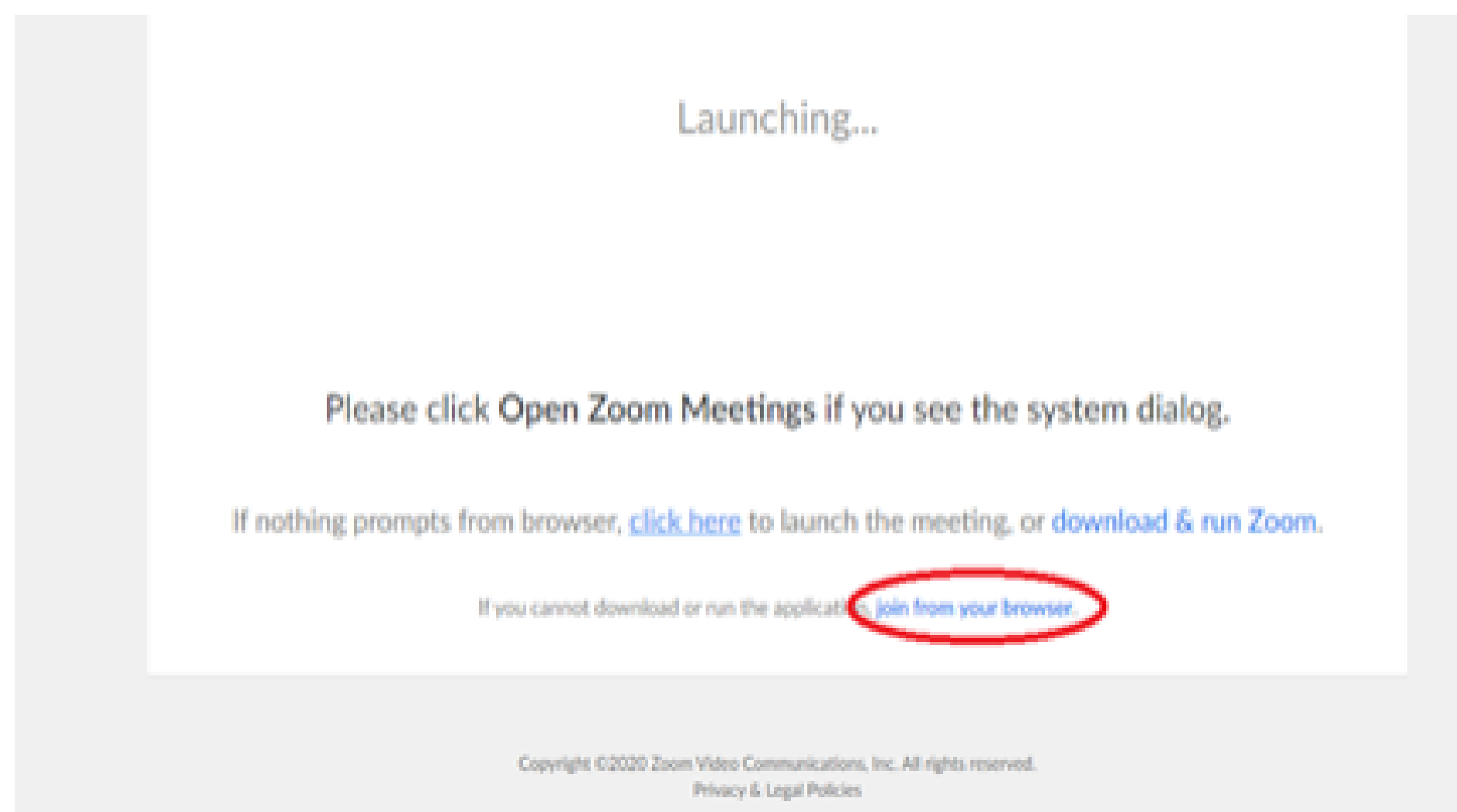
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