

Rural Indigenous Committee

A community work group addressing
adverse childhood experiences in
part with the AZ ACEs Consortium

**ZOOM
MEETINGS**



Rural
Indigenous
Committee
Chair,
Casandra
Stouder
Diné &
Seminole

**1ST WED.
EVERY
MONTH
1 PM
MST**

What Are Adverse Childhood Experiences?

ACEs are potentially traumatic events that occur before a child turns 18 years old. ACEs can have profound effects on brain development, physical health, and emotional well-being. Research shows that these early experiences of abuse, neglect, and household dysfunction can increase the risk for chronic disease, mental health challenges, and social difficulties throughout life. However, there is hope. Science reveals that resilience can be built at any age. Our brains are neuroplastic—capable of forming new connections and pathways—allowing us to heal and thrive despite past adversity.

Email to join:
c a s a n d r a s t o u d e r @ g m a i l . c o m