

Connections Matter Training



Tuesday, July 19, 2022 10:30am-12:30pm
Zoom ID: 832 5622 3630

ACES training has taught us how stress impacts the brain and the entire body too. “Connections Matter” is a technique based on the fact that relationships help ameliorate ACES. The program is founded upon studies proving that relationships improve individual and community well-being. The research suggests that everyday connections with other people are more important than we ever believed; they have the power to reshape our brains. Relationships help us learn better, work better and parent better. When we experience tough times, they help us heal. With each connection, we develop a healthier, stronger community.

Ellen Davis and Tracey Heisler will be providing Connections Matter training to ensure that we have tools to use towards lessening the impact of trauma on our children and families.

RSVP to lauren@bergencasa.org