

# Project Self-Sufficiency Presents



Explore the Impact of **Positive & Adverse Childhood Experiences**  
& **Build Resiliency** in Our Community

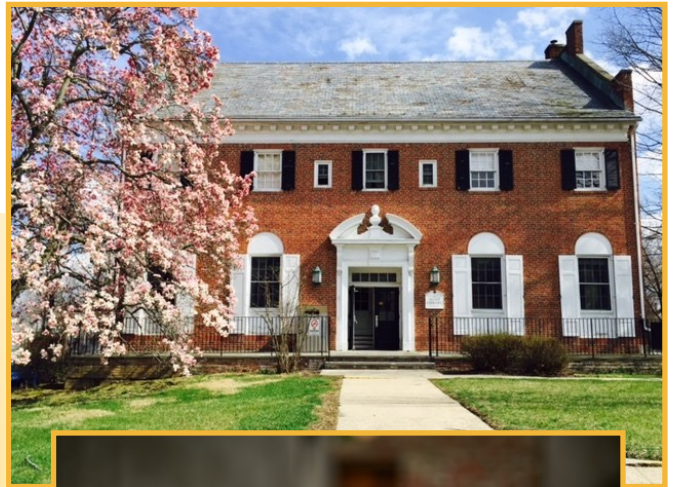
Monday, April 24, 2023 ❖ 5:00 p.m.

## Dennis Library

101 Main Street, Newton, NJ

### Let's Talk About ...

- ⇒ How ACEs adversely affects development and the brain;
- ⇒ How caring connections can serve as a primary buffer against the negative impact of trauma;
- ⇒ How to build more resilient, compassionate, and healing-centered



**Pizza  
Provided!**



*Connections Matter is a healing-centered curriculum that teaches adults how to use the power of connections to help develop healthy brains and supportive relationships, prevent and heal from Adverse Childhood Experiences (ACEs), and strengthen communities.*



A program of Project Sussex Kids and the Journey Family Success Center.

