



# MAINE RESILIENCE BUILDING NETWORK

We offer educational presentations on **adverse childhood experiences (ACEs) and resilience building**. Our 1 and 2-hour presentations are provided by MRBN trained Community Resilience Facilitators. For fees and more information, please contact [training@maineresilience.org](mailto:training@maineresilience.org)

Presentations	Description	Length
<i>The Role of Life Experiences in Raising Healthy &amp; Thriving Children, Families &amp; Communities</i>	Breakthrough science on adverse childhood experiences including research results from the ACE Study and survey data from Maine is presented. Participants learn about the impact of toxic stress on healthy brain development and how ACEs are linked to reduced health and well-being. Our biography does not have to be our destiny and the research on resilience is positive. Learning how to build resilience is introduced in addition to the important role of protective factors such as caring relationships and environments. <b>More info and fees:</b> <a href="mailto:training@maineresilience.org">training@maineresilience.org</a>	1-hour
<i>The Role of Life Experiences in Raising Healthy &amp; Thriving Children, Families &amp; Communities</i>	Becoming informed about the groundbreaking science of adverse childhood experiences (ACEs) and the research on resilience is the bedrock for understanding how to become trauma informed. This training is highly recommended because it lays the foundation for future learning on trauma-informed approaches. The material from the 1-hour training is presented along with expanded content. Participants leave the session with a fuller awareness of the risks of early adversity and the benefits of relationship-based resilience. <b>More info and fees:</b> <a href="mailto:training@maineresilience.org">training@maineresilience.org</a>	2-hour



[www.maineresilience.org](http://www.maineresilience.org)