



Department of Community and Human Services



UNDERSTANDING ACEs

Building Self-Healing Communities

Free
Open to the public

Virtual Training

Learn about ACEs and how you can support children and adults impacted by them.



This educational experience is helping Alexandria to develop a common language around ACEs (Adverse Childhood Experiences), trauma, and resilience in our community, explain why ACEs have so much effect in people's lives, and shift our mindset around what we can all do to build a more resilient, healthy community.



For reasonable disability accommodation, contact maurice.tomdio@alexandriava.gov or 571.384.5244, Virginia Relay 711.

Dates and Times

-  [April 17, 2-3:30 p.m.](#)
-  [April 27, 11 a.m.-12:30 p.m.](#)
-  [May 1, 11 a.m.-12:30 p.m.](#)
-  [May 31, 11 a.m.-12:30 p.m.](#)

Register now!

Questions?

Email temi.aregbesola@alexandriava.gov



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