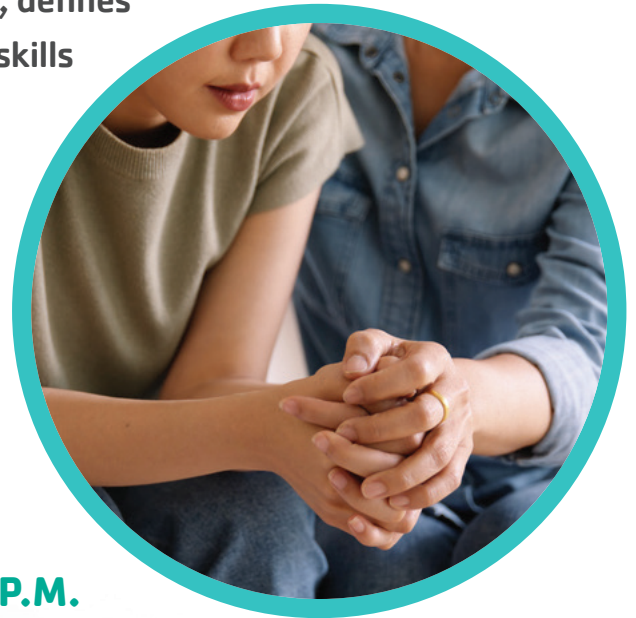


UNDERSTANDING TRAUMA VIRTUAL TRAINING COURSE



The 2-hour **Understanding Trauma** training explains the different types of trauma, explores ACE's (Adverse Childhood Experiences) including having participants take their own ACE score, defines types of stress and stress reactions, discusses coping skills and resilience, and concludes by participants taking their PCE (Positive Childhood Experience) score. The Understanding Trauma curriculum will be presented as a virtual training.



**YMCA of Greater Monmouth County
Counseling & Social Services**

ZOOM Meeting Online

Wednesday, December 4, 2024 | 10 A.M.–12 P.M.

**First Come First Served
limit: 25 people**



**Funded by The Horizon
Foundation for New Jersey**

REGISTER at
<https://YMCAUT1224.eventbrite.com>

>> ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY

Counseling & Social Services
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Matawan, NJ 07747

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YMCA NJ.org

Here for all.
Financial assistance is offered
based on availability of funds.

1224-7527-CSS