



## THE ACEs RECOVERY TOOLKIT

The ACEs Recovery Toolkit Programme for ADULTS is a 10-week group programme written to educate and inform individuals about the impacts of

Adverse Childhood Experiences (ACEs).

ACEs are stressful and traumatic events that can have long-lasting effects on individuals and their children (if they have them). These ACEs can include but are not limited to; physical abuse and neglect, poor mental health, substance and alcohol misuse, poverty, bullying, homelessness and domestic abuse.

The programme, using a trauma-informed, psychoeducational model, provides guidance on the protective factors that help buffer the impact of ACEs, and provides practical methods for individuals developing the resilience they need for themselves and for their children.

### **The programme covers the following;**

- What ACEs means;
- How our brains and bodies cope with trauma;
- What is resilience and ways to improve your relationships;
- Understanding attachment;
- Safety networks and support systems;
- Managing toxic stress;
- Understanding child development
- Supporting our emotions.

***Each session lasts for 2 hours, and it is expected that all sessions are attended.***