



Addressing Trauma and ACEs

(adverse childhood experiences)

We are not our experiences or behaviour!!!



Trauma is a traumatic event is an incident that causes physical, emotional, spiritual, or psychological
ACEs – Adverse Childhood Experiences refer to the events that take place before the age of 18

Bereavement or Relationships



Ending

**Violence, Witnessing Violence
or Neglect**



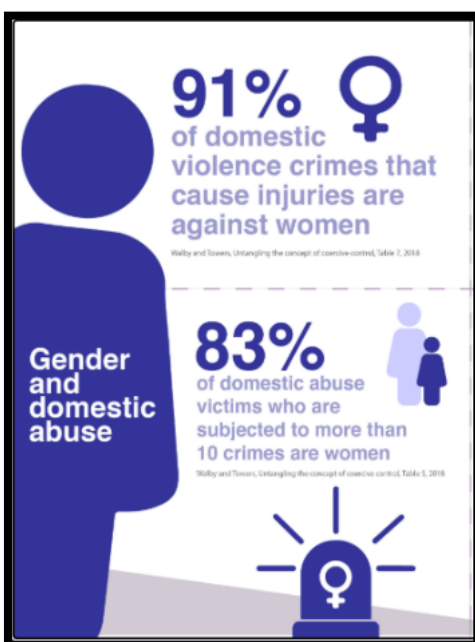
Prejudice



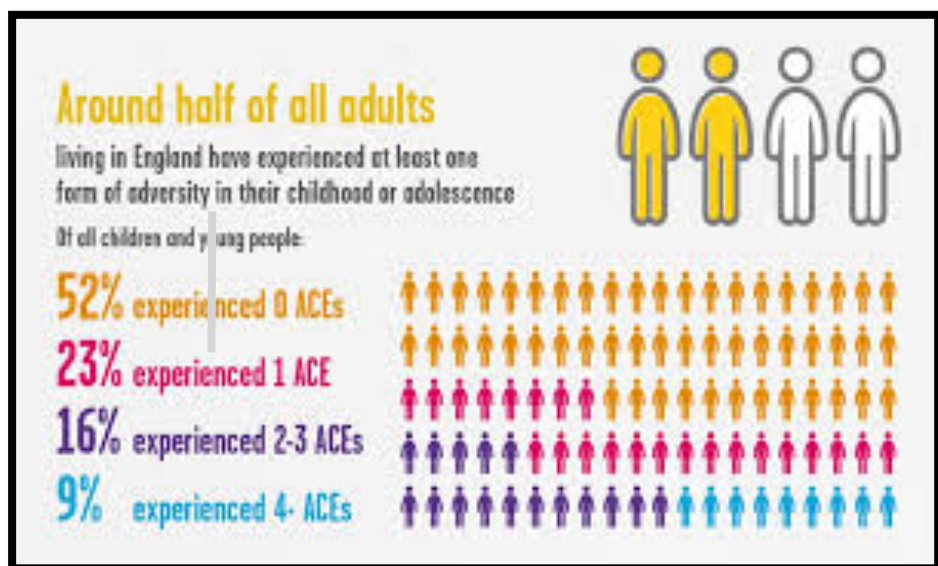
Work or family conflict



Substances Misuse



Taken from Women's aid



Taken from Young Minds Addressing Childhood Adversity and Trauma

MY WORDS!

"I have lived experience in several traumatic experiences and while I didn't lead with that truth in my relationships or interactions' it did manifest in various ways. My advice to anyone is stop saying it is just something we go through but get the support that is needed". – G.Watson