



# UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES (ACE'S)

with Wirral Met College

**Stressful or traumatic experiences in childhood can have a tremendous impact on futures. You are more likely to experience violence, victimisation and lifelong health problems. On this course we will work to understand ACEs, look at how they can impact children and adults and explore ways to prevent them.**

**This course is free to complete and won't affect your benefits.**

## **Course Details:**

**10AM-2:30PM  
Wednesday 19th June**

**Book your place with Tomorrow's Women**



Tomorrow's  
Women

Tomorrow's Women CH, 5 Upper  
Northgate St, Chester CH1 4EE