



# CHILDHOOD RESILIENCY TRAINING

## HELP CREATE A MORE THRIVING COMMUNITY

### FREE TRAINING FOR ORGANIZATIONS AND INDIVIDUALS

United Way of Southern Maine is proud to partner with The Maine Resilience Building Network to host FREE trainings for individuals and organizations across Cumberland County, focused on creating thriving and resilient communities across Maine.

Participants will learn more about Thrive2027, our community's shared vision to accelerate change, the impact of adverse childhood experiences (ACEs), positive childhood experiences, and strategies to build resilience.

### TRAININGS AND LINKS

Two training topics will be offered. Registration is required. See dates, times, and descriptions below.

Date and Time	Topic and Registration Link
August 12: 12:00pm-1:00pm	<a href="#">Foundations of ACEs &amp; Resilience</a>
August 17: 12:00pm-1:00pm	<a href="#">Fostering Resilient Environments</a>
September 9: 12:00pm-1:00pm	<a href="#">Foundations of ACEs &amp; Resilience</a>
September 15: 9:00am-10:00am	<a href="#">Fostering Resilient Environments</a>
September 19: 3:00pm-4:00pm	<a href="#">Foundations of ACEs &amp; Resilience</a>
September 23: 12:00pm-1:00pm	<a href="#">Fostering Resilient Environments</a>
September 29: 6:00pm-7:00pm	<a href="#">Foundations of ACEs &amp; Resilience</a>
October 4: 6:00pm-7:00pm	<a href="#">Fostering Resilient Environments</a>
October 5: 12:00pm-1:00pm	<a href="#">Foundations of ACEs &amp; Resilience</a>
October 14: 12:00pm-1:00pm	<a href="#">Fostering Resilient Environments</a>
October 20: 3:00pm-4:00pm	<a href="#">Foundations of ACEs &amp; Resilience</a>
October 25: 9:00am-10:00am	<a href="#">Fostering Resilient Environments</a>

**Foundations of ACEs & Resilience:** Learn how early adverse and positive experiences impact brain development and how linked it is to our health and wellbeing today.

**Fostering Resilient Environments:** Understand what resilience is and how to support positive childhood experiences and learn resilience strategies.

Registration is required.  
To see all Registration dates  
visit: [maineresilience.org/events](http://maineresilience.org/events).



United Way  
of Southern Maine