

RELATIONSHIPS MATTER

# MOORE COUNTY RESILIENCY COLLABORATIVE

OUR MISSION: Educate the community on how to prevent and heal the impacts of adverse childhood experiences.

**PLEASE JOIN US. ALL ARE WELCOME.**

All meetings will be held at 8:30 am,  
virtually or in-person.

**January 11, 2021**

**March 8, 2021**

**May 10, 2021**

**July 12, 2021**

**September 13, 2021**

**November 8, 2021**

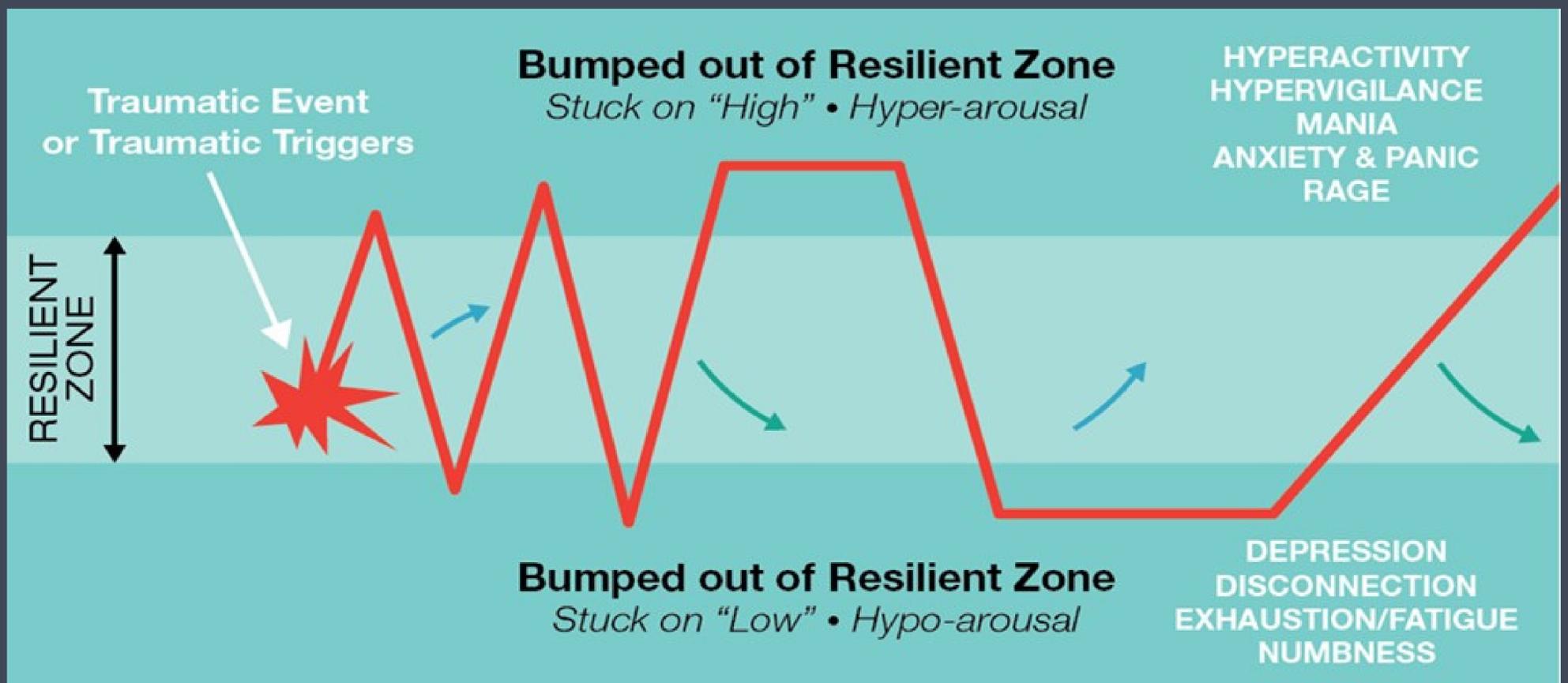
For more information, call Partners for Children & Families at (910) 949-4045, email us at [info@pfcfmc.org](mailto:info@pfcfmc.org) or visit [pfcfmc.org/MooreCountyResiliencyCollaborative](https://pfcfmc.org/MooreCountyResiliencyCollaborative)



**Together, we can prevent the occurrence of ACEs, build resiliency, and help children and adults heal from the long-term impacts of toxic stress.**

Adverse childhood experiences (ACEs) are serious childhood traumas that result in toxic stress that can cause long term damage to a person's health if not treated. Behavioral or health challenges which children face are often the symptoms of ACEs.

Experiencing many ACEs without supportive adults can cause what's known as toxic stress. This is caused by excessive activation of the stress-response system and can lead to long-lasting wear-and-tear on the body and brain. The effect would be similar to revving a car engine for days or weeks at a time.



The good news is resilience can bring back health and hope! Resilience is the ability to return to being healthy and hopeful after bad things happen. When children experience safe and nurturing relationships and learn ways to manage their emotions and behaviors in healthy ways, they can "bounce forward" after experiencing trauma.

Want to learn more and get involved? Please consider joining the Moore County Resiliency Collaborative. We are a diverse group of learners joining together with a common mission. No special skills or background are required. All you need is a strengths-focused attitude and a willingness to build relationships. See you there!