

# Building Resiliency and Understanding Trauma



Riverside University Health System – Behavioral Health  
Prevention and Early Intervention

***Free Virtual Presentation***

**For dates and availability, e-mail [PEI@ruhealth.org](mailto:PEI@ruhealth.org)  
or call (951) 955-3448**

This 2-hour presentation will focus on:

- Understanding and defining trauma and different Trauma Types
- Impact of trauma on the brain
- Child Traumatic Stress (CTS)
- Adverse Childhood Experiences (ACEs)
- Adverse Community Experiences and Resilience (ACE | R)
- Resiliency and being trauma-informed



CEUs or certificates are not offered for this presentation.