



# 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:**

**1PM - 3:30PM**

**Monday 13th May - 20th May 2024**

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



Tomorrow's  
Women

Tomorrow's Women BH, Beckwith  
Street E, Birkenhead, CH41 3JE