

Spring 2026 PACEs Train the Trainer Focusing on the Positive: Preventing & Healing the Effects of Toxic Stress

Wednesday, April 29th, 9 am to 5 pm

Lunch on your own, 12 to 1 pm

St. Peter's Health, Education Center, RMs 2 & 3



- Brain Development and Stress: Early brain development occurs from the bottom up and inside out. The brain constantly tries to make sense of the world. Stress responses involve adrenaline and cortisol, affecting various body functions.

- Trauma and Toxic Stress: Trauma is a severe emotional response to distressing events. The Adverse Childhood Experience Study highlights the impact of childhood trauma.

- Resilience and Positive Experiences: Resilience involves recovering quickly from adversity. Positive childhood experiences (PCEs) lead to better social and emotional support in adulthood. Oxytocin, the 'love hormone,' plays a role in building resilience.

- Mental Wellness and Boundaries: Mental wellness is the balance between emotional, physical, spiritual, and mental health. Establishing personal boundaries is crucial for psychological detachment and stress management.

To register: <https://forms.gle/1QXFvzPcyPwUHpUR7>

or contact elevatemontanahelenaaffiliate@gmail.com

What you'll get:

- Focusing on the Positive: Preventing & Healing the Effects of Toxic Stress (Full Presentation)
- 1 hour PACE 101 Presentation - Amazing Brains, Understanding ACEs and Resilience
- The Power of Positive Childhood Experiences for Teachers & Staff
- The Power of Positive Childhood Experiences for Parents

You will receive all the material on a flash drive as well as access to the Training File on Google drive.

This training is sponsored by  Lewis & Clark
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