



Healing the Heart

We know that Adverse Childhood Experiences, ACEs, can result in sometimes lifelong, even generational suffering that can impact health, interpersonal relationships, educational and employment opportunities.

This can include:

- Physical, sexual, verbal, emotional or psychological abuse and neglect
- Parents or guardians with mental health or addiction disorders
- Households and/or communities with sustained violence

Whatever your childhood history involved, studies show that positive interactions with people, events and therapies can mitigate the impact of ACEs and help individuals and families to thrive.

This can include:

- Supportive extended family, friends, neighbors, coaches, teachers, mentors
- Practicing mindfulness, connecting with community, culture and spirituality
- Psychological interventions

Healing is a process that can occur at any age, at any stage, for every race, religion and gender.

Start your journey toward healing, now. Go to the [NJ Resiliency Coalition](#)

