Preventing Adverse Childhood Experiences (ACEs) through Community Resiliency

**Sustain Efforts through Community Empowerment & Political Action**

- Advocate for meetings/social events to be held after work hours
- Hold or attend a meeting on community safety due to deportation, domestic violence or natural disaster
- Advocate for nearby, affordable & healthy food
- Advocate for free or affordable mental health services

**Develop New or Use Existing Skills**

**To aid your community in meeting its current & future needs**

- Make small scale, neighborhood art
- Create a community garden
- Volunteer your skills: cook, craft, legal help, childcare, construction
- Advertise on a library billboard, apartment community board, or light post near where you live
- Play for a community/neighborhood sports team
- Use or start a community supply shed or donation closet

**Benefits of Community Resiliency**

- Connecting and engaging with local unions, community coalitions, neighborhood advocacy groups, etc. can ensure state & local resources are directed to areas of need in your community.
- Connection & positive relationships can be a powerful tool for reducing and preventing trauma. It helps the brain wire itself to maintain a sense of calm & wellbeing, cope with stressful situations & make better decisions.¹

**Develop & Strengthen Personal Connections**

- With friends, family, neighbors & communities of affinity

- Community center events
- Neighborhood potlucks
- After school events
- Street fairs/block parties
- Community boards
- Community newsletters
- Community listservs, twitter, etc.
- Spiritual events or gatherings
- Mindfulness/yoga in the park
- Community gardens

**Know Your Community**

- Call 211 to find a resource
- Do a neighborhood scan
- Notice what is nearby
- Search google for nearby services
- Ask neighbors what they recommend
- Join a neighborhood oriented Facebook group
- Join a local resource sharing group like Rooster

Citations and Information:

1 For more information on Trauma and the brain, this TED Talk is helpful: [https://www.youtube.com/watch?v=LiyaSr5aeho](https://www.youtube.com/watch?v=LiyaSr5aeho).