

# Project Self-Sufficiency Presents



Explore the Impact of **Positive & Adverse Childhood Experiences** & **Build Resiliency** in Our Community

**Tuesday, April 15, 2025 • 2:00 p.m.**  
**Via Zoom**

## Let's Talk About:

- ⇒ How ACEs adversely affects development and the brain;
- ⇒ How caring connections can serve as a primary buffer against the negative impact of trauma;
- ⇒ How to build more resilient, compassionate, and healing-centered communities.



*Connections Matter is a healing-centered curriculum that teaches adults how to use the power of connections to help develop healthy brains and supportive relationships, prevent and heal from Adverse Childhood Experiences (ACEs), and strengthen communities.*

A program of **Project Sussex Kids** and the Journey Family Success Center.

**Advance Registration Encouraged.**

**Sign Up Today—  
Call 973-940-3500!**

