

## Required Pre-work for ACEs Training

This lesson focuses on the concept of Adverse Childhood Experiences and Building Resiliency. After watching the four videos and reading the Seven C's of Resiliency, please submit your thoughts on these questions:

How did you feel about the analogy in the first video of the "bears that come home every night"?

Can you name one person in your life, other than your parents, who made a difference in your own life, gave you hope during a tough time, or merely made you believe in yourself? (Discuss only to the degree that you are comfortable sharing.)

Select two of the C's of Resiliency and give examples of how they could be used when working with your CASA youth.

Please email Joanne Lindsay at [jlindsay@casabaltco.org](mailto:jlindsay@casabaltco.org) by noon on the day of class.