

Products Available

We have created a deck of cards that tell the story of resiliency in an easy to understand illustrative manner. For more information use any of the contact information on the back.

36" or 42" Wide Poster



Deck of 52 Cards



CRI seeks to help all young people thrive and assist parents in understanding how a child's daily experience affects critical brain development.



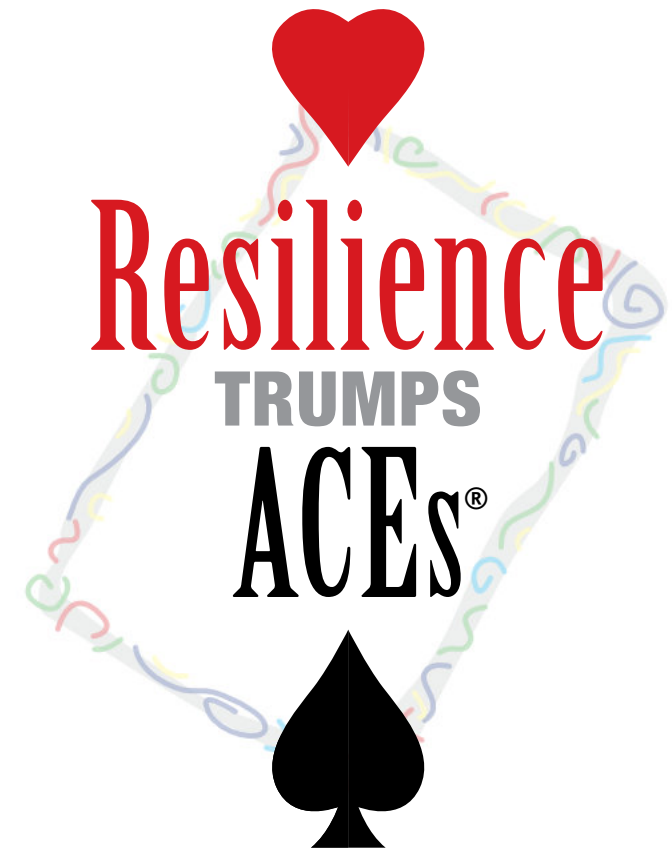
Questions?

For more information about the Community Resilience Initiative (CRI) please contact:

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You can also visit us at:
www.CRIResilient.org

Resilience Trumps ACEs is a registered trademark of Theresa Barila. Reg. No. 6,062,046.



Life can be hard on kids. Resilience - the ability to adapt to challenges - is the most important tool you can give your child.



COMMUNITY
RESILIENCE INITIATIVE

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♠ What are ACEs?

Adverse **C**hildhood **E**xperiences (ACEs) are significant childhood traumas that result in actual changes in brain development. ACEs include:

- ♠ **ABUSE:** Physical, sexual, and emotional.
- ♠ **NEGLECT:** Emotional or physical
- ♠ **FAMILY PROBLEMS:**
 - Witnessing domestic violence.
 - Alcoholism, mental illness, or suicide in the home.
 - Incarcerated family members.
 - Loss of a parent due to death, divorce, or abandonment.

Why should I learn about ACEs?

- Knowing about ACEs can help you to:
- Build resilience to buffer the impact of ACEs on you and your child.
 - Help your child live a happier life.
 - Break free from cycles of trauma.

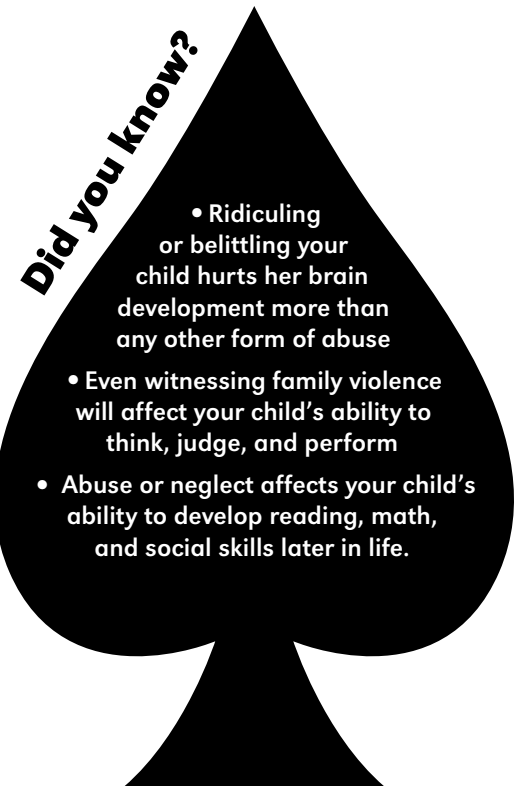
Importance of Building Resilience

Parenting is the hardest job you will ever have. There is no training manual and you may feel lost in finding the best information for raising your child. By providing opportunities for resilience, you can give your child the tools to overcome obstacles and succeed.

Resilience is building strategies that help us each adapt to the challenges we face, to build a stronger toolkit of responses. It is one of the most important skills we can teach our children.

Building resilience is easy! It can be as simple as....

- ♥ Attachment to a caring adult
- ♥ Giving a child choices
- ♥ Mastering a skill
- ♥ Assigning chores to give responsibility
- ♥ Learning to show appreciation
- ♥ Developing friendships
- ♥ Developing self-esteem
- ♥ Working as a team
- ♥ Learning to ask for help
- ♥ Develop a sense of control



No child is doomed to an unsuccessful future if opportunities of building resilience are provided.

