



# ACE Programme

What are ACEs? (Adverse Childhood Experience)

ACEs are any significant or ongoing stressful or traumatic experiences, which deeply impact on a child or young person and affect their emotional or physical health in later life. Such experiences may include abuse, neglect, witnessing domestic abuse, loss of a parent, living with substance abuse, mental illness or having a family member in prison.

Living with ACEs may result in a person developing unhelpful coping and lifestyle strategies, which are based upon the effect of trauma. It may mean we struggle to parent our children effectively, we may have low self esteem, find it hard to trust, and may have difficulty developing positive relationships.

Aces can affect anyone. In the UK, just under half of adults surveyed have been exposed to 1 ACE. Around 10% have been exposed to 4 or more.

How do ACEs affect children?

Children living with ACE's may have -  
-Reduced ability to learn, remember and figure things out  
-Increases in stress hormones  
-Lower tolerance to stress that can result in behaviours like fighting and defiance

We can support you to develop positive lifestyles and coping strategies, and strengthen positive relationships with your children.

What is the ACE Programme and who is it for?

It is a 10 week programme for any parent who has experienced or lives with ACEs.

The programme focuses on providing individuals with information and practical tools to develop their own resilience and the protective factors necessary to minimise the impact of ACEs on themselves and their children.

10 week Programme starting 21st January 12.20-2.30

For more information or to book a place please contact :

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