Cabot Mentoring co-hosts “ACEs” event Wednesday April 3rd

Adverse Childhood Experiences (ACEs) is now understood to be one of the leading causes of health issues, from heart disease and cancer, to substance abuse and depression. But there is good news! When we identify and address our ACEs, we can improve our health and well-being, and reduce the rate of ACEs in the next generation. Kim Pierce of Plainfield Health Center has worked on the topic of ACES for 30 years, and created the “Faces of ACES” documentary to share this hopeful message.

To help start the community conversation about ACEs, Cabot Mentoring will be hosting a FREE event centered on the topic of ACEs.

Wednesday April 3rd, 6:00-7:30, at Cabot School (CSPAC building)

Free dinner and childcare, RSVP appreciated

Screening of “Faces of ACES”, a 30 minute documentary

Discussion with the filmmaker, and a panel of community members from the fields of education, mentoring, and law enforcement.

To RSVP for the event, please use the easy RSVP form on Front Porch Forum, or email cabotmentoring@gmail.com .

This event is co-sponsored by Cabot Mentoring, Twinfield Together Mentoring, and the Washington Northeast Supervisory Union.

We hope you can join us for an evening of food, education, and discussion, and become part of the healing movement in Vermont.