

Adult ACES Recovery Toolkit

Join us now, starting Wednesday 12th January 2022 for 10 weeks online training from 10:00am - 11:30am. Book your place before the end of November 2021.

Are you fed up of feeling stuck?

Do you feel like you are going round in circles?

Do you find relationships with family tricky?



Do you look at others and think what's wrong with me?

If you answered YES to one or more of these questions, why not join some like-minded people in breaking this cycle.

ACES or Adverse childhood Experiences training with Barnardo's and Rockpool. Our Family Support Team are here to help you find your voice, understand your journey, and help you take control of your life.

We aim to...

- Support better understanding of the impact that living with ACEs has had on you and your children.
- Help to develop strategies for building your resilience and your children.
- Increase understanding and implementation of healthy living skills.
- Have the tool to deal with the impact of ACEs and develop strategies to increase resilience and increase self-esteem.



For further information and to secure a place contact: Joyce 07710 508822 or Avarita 07564 851115 or one of our Children and Family Centres:

Hilltop, Cinderford: 01594 827595

Stonehouse Park: 01453 821012

Treetops, Dursley: 01453 545904

River, Lydney: 01594 842589

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children
Barnardo's