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 FamilyWise

# JOIN US

## for a free, virtual, day-long workshop on Understanding NEAR Science and Historical Trauma

*NEAR Science is neurobiology, epigenetics, Adverse Childhood Experiences (ACEs) and resilience research.*

You are invited to attend a day-long workshop to learn how historical trauma, intergenerational trauma, and childhood adversity impact our lives, the lives of our children, and the health of our communities. The goal of this workshop is to build a common language and understanding about NEAR Science and Historical Trauma **as a starting point**. All are welcome, and we encourage diverse cultural and identity groups to attend this workshop. Each of us hold wisdom to create healthier communities, and after attending this workshop, attendees are encouraged to think about how this information can be applied within their own family, work life, and community.

The workshop will be divided into two presentations. First, FamilyWise will present the **Understanding NEAR Science: Building Self-Healing Communities presentation**, which represents a paradigm shift in human understanding of individual and societal health and well-being. This presentation highlights key findings from the fields of neurobiology, epigenetics, epidemiology, and resilience research, demonstrating the impacts of Adverse Childhood Experiences (ACEs) on health and well-being and offering strategies to build resilience.

After a break for lunch, the **Trauma Across Generations: Reclaiming the Narrative presentation**, facilitated by Sam Simmons, will increase awareness of the link between historical trauma and community challenges to effectively engage communities of color. In addition, the presentation will discuss the harm that approaches without cultural sensitivity can have on communities of color.

This training is brought to you by BlueCross Blue Shield of Minnesota and FamilyWise. Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

**Date:** Tuesday, Oct. 19  
**Time:** 10am - 3:30pm

**[Register HERE](#)**

Participants will receive an  
incentive for attending

