



Northumberland
County Council

Adult ACEs Programme On-Line

Starting Wednesdays 6th October – 15th December 2021

1.00pm – 2.30pm

On Microsoft Teams

Please speak to your keyworker if you are interested in attending this course or

Email sarah.tannock@escapefamilysupport.org.uk

Call Angie Turnbull on 07812983611

Please book as soon as possible as places are limited.

Session 1	<ul style="list-style-type: none">• To provide a safe space where participants feel comfortable to share together and work towards goals• To introduce the Programme• Fears and anxieties about being in a group• Importance of keeping a diary
Session 2	<ul style="list-style-type: none">• To explore the concept of ACEs and the impact this can have on children and adults• Protective factors from childhood and how they impact on us now• Understanding distorted thinking patterns
Session 3	<ul style="list-style-type: none">• Neuroeducation on the brain's mechanism when living with ACEs• To enable participants to understand their coping mechanisms as a result of living with ACEs• To understand toxic stress and ways to cope with it

Session 4	<ul style="list-style-type: none"> • To understand resilience and why it's important • To understand our emotions to enable us to develop resilience • To gain knowledge of self-esteem positive and negative • To explore developing resilience for themselves and their children
Session 5	<ul style="list-style-type: none"> • To gain understanding on attachment styles • To explore nurturing styles and what blocks us with our children • To explore activities to help promote attachment
Session 6	<ul style="list-style-type: none"> • To explore who supports us • To look at practical difficulties, help and community resources • To continue developing positive self-esteem
Session 7	<ul style="list-style-type: none"> • To explore triggers for anger • To understand different behaviours • To gain an understanding of strategies for anger • To gain an understanding of emotional regulation
Session 8	<ul style="list-style-type: none"> • To gain an understanding of child development • To understand appropriate expectations of children • To understand nurturing and feeling good as a parent
Session 9	<ul style="list-style-type: none"> • To explore what healthy relationships are between adults • Relationship rights and responsibilities • To gain knowledge of managing difficult emotions of our children
Session 10	<ul style="list-style-type: none"> • To review what we have learnt and recap on any unclear issues • What has been helpful for individuals • Any further support or intervention needed • Action plan for the future

“Helped me to realise a lot about how my past experiences make me think, feel and act as an adult”

“Seeing that I am not the only person that is affected by my upbringing and not being judged for it made it so much easier for me to feel relaxed while learning”

“The courses run by ESCAPE are a much-needed lifeline to help us learn how to protect ourselves & support loved ones”

“The course was very informative as to how children’s needs have to be met in order for them to become confident, well-adjusted adults”