



# Join us on a SAC6 ZOOM CHAT!! Toxic STRESS

**WHEN:** Friday July 23, 2021

**TIME:** 11:00am-12:15pm

**WHERE:** ZOOM- computer, tablet, cell phone



**Call SAC6 with  
any questions**

209-955-3306

SAC6@vmrc.net

**Supported by:**



**SAC6**



Find us on  
Facebook

## Join SAC6

**Learn about Toxic Stress—What it is and  
what to do about it! Become Aces Aware!**

**Presented by:  
Aces Staff**

### **“Adverse Childhood Experiences”**

are childhood experiences such as physical and emotional abuse, neglect, caregiver mental illness, and household violence.



Join Zoom Meeting

[https://us02web.zoom.us/j/84268085812?  
pwd=enByait3VU9XeUx6UmcrWHZPTnpWdz09](https://us02web.zoom.us/j/84268085812?pwd=enByait3VU9XeUx6UmcrWHZPTnpWdz09)

Meeting ID: 842 6808 5812

Passcode: 392274

**You must enter the Password**

**OR you can call in:**

**TOLL FREE NUMBER TO CALL IN-**

**888 475 4499 US Toll-free**

**877 853 5257 US Toll-free**

Also—VMRC Update by Tony Anderson and Mental  
Health Tip of the Day by Dr. Dave Demetral