

Hello ACEs community and guests,

We're so glad you're here. Whether you're a returning member of our community or joining us for the first time, welcome to our AZ ACES Newsletter—a space dedicated to connection, growth, and shared purpose. This newsletter is designed to keep you informed, inspired, and supported as we continue our work together.

Thank you for being part of this journey with us. Your contributions, ideas, and presence truly make a difference.

With appreciation,
The AZ ACES Team

Updates from our AZ ACES Consortium

Partnering with AZACEs

Are you interested in supporting the work of AZACEs?
Download our sponsorship package [HERE](#)

Do you need training? Are you unsure of what we offer?
Download our Menu of Services [HERE](#)

Click [here](#) to review the slide deck from our 1st Quarterly Meeting.

Mark your calendar for our 2026 Quarterly meeting dates:

- May 21st @ 9am
- August 20th @ 9am
- November 19th @ 9am



Awareness Observation Days

April

- National Stress Awareness Month
- **National Child Abuse and Neglect Prevention Month**

May

- Mental Health Awareness Month

Free, immediate, and confidential support for you or someone you care about. 24 hours a day, 7 days a week, 365 days a year. Call or Text - The Mental Health Lifeline at 988

Caring for an autistic child can be rewarding but also emotionally and physically demanding. Parent and Caregivers often face:

- Chronic stress from behavioral or sensory challenges
- social isolation or lack of understanding from others
- financial or logistical strain from therapies, schooling, or healthcare.

Research shows that chronic caregiver stress can mirror the effects of ACEs in adults, impacting health, emotional regulation and brain function over time. Thus, it is important to connect with local resources to ensure you are surrounding you and your child with extra support.

**Resources:
Autism Society of Greater Phoenix (ASGP)**

Provides support groups for parents/caregivers across Phoenix, Tempe, Surprise, & more. Click [here](#) for more information.

Arizona Autism Coalition

Statewide nonprofit doing advocacy, systems reform & connecting families to services. Click [here](#) for more information.

Community Resources

Becoming trauma-informed is a recursive journey, not a one-time destination. Check out these highlighted resources for the mind, body and soul:

- Listen to [Brother by NEEDTOBREATHE](#) for a reminder that sometimes strength looks like letting someone stand beside you.
- Watch Nadien Burke Harris's TedTalk on "[How Childhood Trauma Affects Health Across a Lifetime](#)" for a look at why supporting children will literally change their lives forever.
- [Read Stop the Silence: Thriving after Child Sexual Abuse](#) by Pamela Pine [and consider joining their book club]

Small Joys, Big Impact

CFR's Wellness Meetings

Thursdays from 12pm - 1pm offered virtually and uses gentle movement and breath work (based on Qi Gong and Tai Chi) and is open to the public.

Click [HERE](#) to register.

Community Corner

Online Resilience Empowerment Project (REP) for Educators In today's educational landscape, we know that many of our students carry the weight of Adverse Childhood Experiences (ACEs) into the classroom. This toxic stress doesn't just impact their ability to learn—it impacts our teachers' ability to lead and stay energized in their roles.

The Online Resilience Empowerment Project (REP) for Educators is a virtual, self-paced training designed to help K-12 educators and administrators move beyond simple trauma awareness toward sustainable, trauma-informed practice. By focusing on the neurobiology of trauma and the science of resilience, this course equips staff with the tools to:

- **Understand Behaviors:** Recognize the biological roots of classroom disruptions.
- **Build Protective Factors:** Create environments that prevent future adversity.
- **Reduce Burnout:** Support teacher retention by fostering a culture of mutual emotional safety.
- **Improve Outcomes:** See a direct impact on student success, engagement, and attendance.

Click [here](#) for more information.

Mission in Motion: Bloom 365

At **BLOOM365 (Bring Love On Others More 365 Days a Year)**, our name is our promise. We are committed to building a future rooted in love, safety, and healthy relationships. Our mission is bold and urgent: **to prevent abuse BEFORE it starts**. We envision a world where abuse is uprooted within a single generation—and we're working toward that by educating and activating **10% of young people as peer advocates by 2030**.

Our work is strengthened through partnerships with incredible organizations including Ability360, ARCH, Aguilar, Child Crisis Arizona, Ombudsman, OCJ Kids, Peoria Resource Center, 1N10, and MiKid. These collaborations allow us to:

- Reach more youth across the community
- Connect participants to additional resources
- Build a network of trusted adult allies

Recent Highlights:

- The **Clothesline Project** at Peoria Resource Center invited community members to share their stories through art
- The **Teen Dating Violence Awareness Month (TDVAM)** event in El Mirage featured youth-led education and interactive learning

Upcoming Events: Bloom 365

What: Coffee & Consent, a community workshop for Sexual Assault Awareness Month.

When: April 3rd
Hosted by OCJ Kids

What: Summer Summit, specifically for Gen Z youth leaders, advocates, and changemakers.

When: June 22-24.
Click [here](#) to register.

Click [here](#) for more information or
Visit us on Insta @bloom365

Check us out on Social Media:



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[AZ ACE Consortium](#)



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