

Understanding ACE's & Building Resilience

Free English Virtual Training

This 90-minute training examines the ACE Study and how cumulative trauma affects brain development, stress response systems, and long-term health. Participants will explore how trauma exposure impacts individuals and communities, including those frequently encountered in crisis response. The session highlights protective factors and resilience-building approaches that support both community members and responder wellness.



ABOUT THE PRESENTER

Lucila Beaton, LISW-CP/S, LCSW, LCSWC

Lucila Beaton, LISW-CP, graduated with an MSW degree from Yeshiva University. She is an independent licensed clinical social worker specializing as a trauma-focused cognitive behavioral therapist. She is also a certified mental health first aid instructor for the National Council on Behavioral Health and a Living Works trainer who provides suicide prevention and intervention training such as ASIST and Safe Talk.

She also offers Triple P parent trainings for levels 2, 3, 4, and 5 and Fearless training in English and Spanish. She is bilingual and bicultural and embraces the intersectionality of being Afro-Latina and all that it entails. She never forgets that she began her career as an ESOL student in the Brooklyn, New York, public school system.

Tuesday, September 22, 2026

9 AM - 10:30 AM MST

1.5 CEUs

Click Here to Register

To register, click the link or scan the QR Code:



For more information, please contact :
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National Latino Behavioral Health Association **NLBHA**



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