



### Dave Lockridge

Founder and Executive Director of ACE Overcomers. Speaker and Author, Past Chairman, Family Wellness Council of Merced County, Vice President Governing Board Good Samaritan Mission Selma, CA, Professional Ethics Advisory Committee of ABC Home Health. Over twenty years pastoral experience in Washington and California.



### Benefits for Parents

- Manage anger and stress
- Become aware of not only your child's needs, but also your own individual needs
- Improve self-worth
- Gain problem solving, decision making, compromising and negotiating skills
- Acquire appropriate discipline skills

### Benefits for Children

- Learn suitable ways to express feelings
- Understand the importance of respect and family morals and values
- Develop positive self-worth
- Gain knowledge about the importance of and reasoning behind rules



*This program is funded by  
First 5 Merced County*

**CONTACT US**  
ACE Overcomers: Building Healthy  
Life Skills  
**209.626.5446**  
3343 M Street  
Merced, California 95348  
[www.aceovercomers.org](http://www.aceovercomers.org)

### EDUCATION

B.S. Psychology, Liberty University, Lynchburg, VA  
Cum Laude, Member Psi Chi Honor Society

B.A. Biblical Studies, Pacific Coast Baptist Bible College, San Dimas, CA. Third Year Class President

Certified Anger Management Facilitator,  
Anderson & Anderson Psychological Services

### Personal

Married 40 years, father of 3 grown children.



Classes and trainings that are trauma-informed, and resiliency focused.

**PARENTS | CHILDREN | PROVIDERS**



# Adverse Childhood Experiences

## WHAT'S YOUR ACE SCORE?

Knowing your ACE score and how it may have contributed to your health can be important but remember that trauma can be overcome through resilient skills and support from others. ACE stands for Adverse Childhood Experiences which occur prior to your 18th birthday. Examples of adverse childhood experiences are physical, sexual, and emotional, and physical or emotional neglect. These experiences don't just go away as adults without support. Many stressful events in childhood may come back up in adulthood.

**Your ACE Score.** Each type of trauma counts as one. At least 50-70% of our population has an ACE score of at least one. As your ACE score increases, so does the risk of disease, social and emotional problems.

## RESILIENCE.

Is the ability to adapt well, or “bounce back” in the presence of difficult life events. Whether your ACE score is 1 or 17, there are personal strategies and community resources that exist to support you. ACE Overcomers is here to help you build resilience. Our classes and trainings can assist in breaking the cycle of ACE's in your family and with your clients.

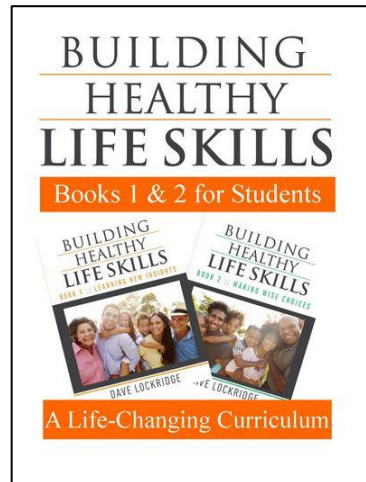
*Building Healthy Life Skills is an evidence-based curriculum which promotes children's social competence, emotional regulation, and problem-solving skills to reduce potential behavior problems.*

*-Improve Professional, Personal and Family Relationships.*

*-Understand How Trauma Affects the Brain.*

*-Raise Resilient Children Using Scientific Principles*

*-Learn the Keys to Self-Control*



## Classes for Parents/Guardians and Children

Building Healthy Life Skills is a 12-Week course. Our curriculum provides simple, effective tools that can empower families.

This course is free of charge. To participate, you must reside in Merced County.

## Training for Professional Service Providers

Our trainings provide dynamic tools to support your client's capacity for well-being.

To learn more, make a referral, register for a class, or schedule a training:

**209.626.5446**

**[www.aceovercomers.org](http://www.aceovercomers.org)**