

BRAINS AREN'T JUST BORN. THEY'RE ALSO BUILT.

Help Children Build a Foundation for Lifelong Health

Science tells us that the experiences we have in the first years of our lives actually affect the physical architecture of the developing brain. Visit us online to find out how we can build better brains in our communities.



AlbertaFamilyWellness.org

Alberta
family
wellness
initiative

TOXIC STRESS CAN DAMAGE THE BRAIN

But Prevention and Repair are Possible If We Work Together

Exposure to prolonged abuse or chronic neglect, called "toxic stress," can cause physical changes in a child's developing brain similar to faultlines in the earth. Left unchecked, these faultlines can trigger severe problems later in life, including addiction and other mental health problems. Visit us online to learn how we can work together to prevent or repair damage caused by toxic stress.

