



Live *beyond*



**If past trauma still hurts,
you're not alone.**

Adverse Childhood Experiences (ACEs) are common. ACEs can include experiencing abuse, neglect, having a caregiver who struggled with mental health or substance use, or experiencing divorce or the loss of a parent. Toxic stress caused by ACEs can impact our mental and physical health, and our relationships. Even today. But it's never too late to begin healing.

There's healing ahead.

Start your journey at livebeyondCA.org.

**live
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