Join us for bi-weekly online conversations about the Remembering Resilience podcasts to deepen our collective understanding of the roots and impacts of historical trauma, ACEs, epigenetics, and resilience across Indigenous communities in Minnesota and beyond. Please listen the podcast prior to joining us for the conversation.

Conversations will be held from 1-2PM on the following dates using Zoom:

**July 1 — Episode 1**
Historical Trauma: Looking Back to Transform our Futures

**July 15 — Episode 2**
Adverse Childhood Experiences (ACEs): How our Communities Have Adapted to Adversity & Trauma

**July 29 — Episode 3**
Understanding Epigenetic Inheritance: How the Experiences of our Ancestors Impact our Communities Today

**August 12 — Episode 4**
Healing Ourselves to Heal our Communities: Reawakening Resilience Individually and Collectively

**August 26 — Episode 5**
Voices of Resilience: Linda Eagle Speaker

**September 9 — Episode 6**
Voices of Resilience: Janice Badmoccasin

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Podcasts can be found at: [https://rememberingresilience.home.blog/](https://rememberingresilience.home.blog/)
To register go to: [https://tinyurl.com/y9n2myat](https://tinyurl.com/y9n2myat)