

# Spreading HOPE

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

## What is HOPE?

HOPE represents a paradigm shift in how we see and talk about the positive experiences that support children's growth and development into healthy, resilient adults.

## Virtual Workshops

Join us for an interactive workshop to receive training on how to infuse HOPE into your work and gain a deeper understanding of the health impacts of positive experiences.



### THE SCIENCE

Understand the growing body of research showing how positive childhood experiences drive healthy development and mitigate the effects of adverse ones.

### THE FOUR BUILDING BLOCKS OF HOPE

Learn about key positive childhood experiences that help children grow into healthy, resilient adults and how our communities and our systems of care can provide access to them.

### THE MINDSHIFT

Focus beyond ACEs to deepen our understanding and empathy, foster trust among families, and nurture anti-racist thinking to equitably serve all children.



HOPE aims to fundamentally transform how we advance health and well-being for our children, families, and communities.

Join us Wednesday, November 10, 2021 from 9:00am to 10:00am

Register at: <https://forms.gle/zaHnpMucnUnNzStV8>

Led by Drs. Robert Sege and Dina Burstein, Tufts Medical Center and Assisted by Amanda Winn

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Funded by Hawaii State Department of Health, Family Health Services Division, Maternal and Child Health Branch