



DULUTHINK

NEWSLETTER OF THE LAKE SUPERIOR FREETHINKERS



Join us Sunday May 3rd at 10am at the Hillside Community Center, in person and via Zoom, for a presentation on.



The **NEAR** Science

Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience

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JOIN US SUNDAY MAY 3RD FOR A PRESENTATION ON

The **NEAR** Science

Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience

The Family Services Collaborative of St. Louis County is helping people understand how trauma shapes lives and how healing can begin, through our understanding NEAR Science, presentations, which explore how childhood trauma affects children, families, and communities.

For many of us, trauma has been passed down through generations. Those of us who had a traumatic childhood are likely

not the first in our family to experience that. But with knowledge, understanding, and support, we can be the ones to end those legacies. We can say, stops with us.

The NEAR Science, short for Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience, shows that high rates of childhood trauma increase the risk of negative outcomes. It also shows that what is predictable is preventable.



Cassandra Hainey is a Positive Community Norms Grant Coordinator and H.O.P.E. facilitator, working with her community to uncover and grow the positive that exists on the Iron Range with the goal of reducing teen substance use

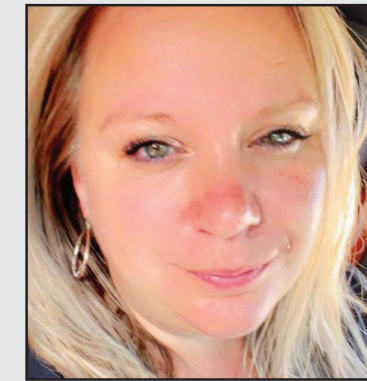
and increasing resilience. Cassandra has spent the past fourteen years supporting students through her previous work as a Guardian ad Litem for the State of MN and Executive Director of Volunteers in Education.



Jennifer Elmberg, MSW, LICSW, is a licensed clinical social worker and the owner of Align North, a mental health private practice in Virginia, Minnesota. With over a decade of experience in mental health and human services, Jennifer specializes in trauma resolution using evidence-

based modalities including Accelerated Resolution Therapy (ART), EMDR, DBT, and somatic approaches.

Jennifer is also an author and speaker who is passionate about translating complex neuroscience and trauma research into practical, accessible tools.



Crystal Royer serves as Executive Director of Twelfth Step House in Virginia, Minnesota. Her work focuses on trauma-informed leadership, housing stability, and building environments where individuals reconnect with community and purpose. Crystal holds a Bachelor degree from Hamline Uni-

versity and earned the Leadership in Affordable Housing graduate certificate. She also completed the Minnesota Young American Leaders Program, a statewide leadership initiative that brings together cross-sector leaders to address complex community challenges.



L A K E
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Join your fellow Freethinkers after each monthly Sunday meeting for brunch at Pizza Lucé, 11 East Superior Street.



Creative Pies



Pasta & Hoagies



Beer & Wine



Stimulating Conversation



The Lake Superior Freethinkers 2026 Community Partner is:



The Lincoln Park Children and Families Collaborative (LPCFC)

LSF has received a \$1000 grant from the Freedom From Religion Foundation to support the work of the LPCFC. We are seeking matching donations from LSF members and supporters to increase the support for LPCFC to \$2000 (or more).

Please send your checks made out to EITHER The Lincoln Park Children and Families Collaborative OR the Lake Superior Freethinkers, and mail the checks to:

LSF, c/o Charles Gessert, Treasurer, PO Box 3219, Duluth, MN 55803

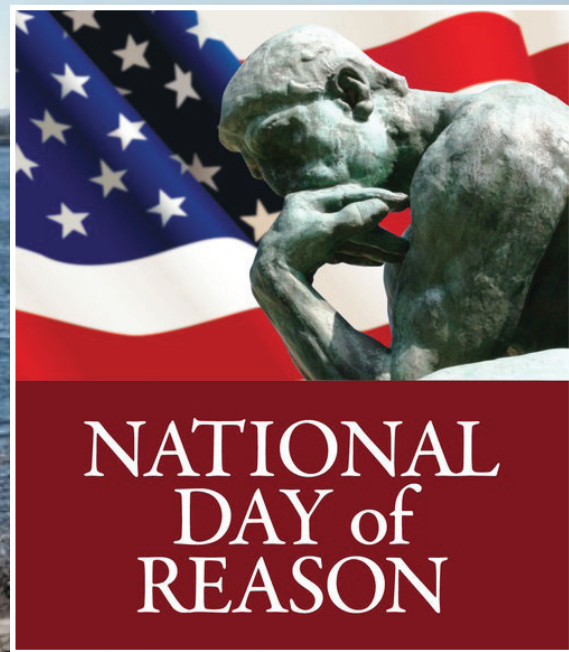
BOTH the LPCFC and LSF are non-profits and the donations are tax deductible.

JOIN US FOR HAPPY HOUR

AND ALSO CELEBRATE

★ National Day of Reason ★

4:00-6:00 pm Thursday May 7th at Mexico
Lindo In the Fitger's Brewery Complex.



MAY SOCIAL DINNER

Join us Wednesday May 20th at 5:30pm for LSF's Social Dinner at Perkins, 2502 London Road.

