

SUPER PARENTING!

UNLEASHING YOUR CHILD'S INNER HERO

Help your child develop healthy ways to manage stress, cope with change, and build healthy relationships.

The **UCLA Family Stress, Trauma, and Resilience (STAR) Clinic** is pleased to offer a new 10 workshop series for parents. Join us to learn new strategies and sharpen your skills to bring out the best in your child.

Over 10 sessions, parents will learn:

- ★ The meaning behind your child's behavior
- ★ Ways to develop consistency in your parenting routine
- ★ Strategies for helping your child manage stress and anxiety

Who should attend?

Parents whose school-aged child(ren) (ages 5–12) is experiencing stress, anxiety, or worry. Parents should plan to attend all 10 sessions.



When:

Tuesdays 6:00-7:30 PM
Starting Fall 2017

Reserve your spot today!

(310) 825-7573

Space is limited

Please register by August 11th

The UCLA Family STAR Clinic provides expertise in stress, trauma, and resilience for children and their family members.

This workshop is brought to you in partnership with:



<http://carescenter.ucla.edu>