

STAR FAMILY GROUP

at the UCLA Stress, Trauma, And Resilience (STAR) Clinic

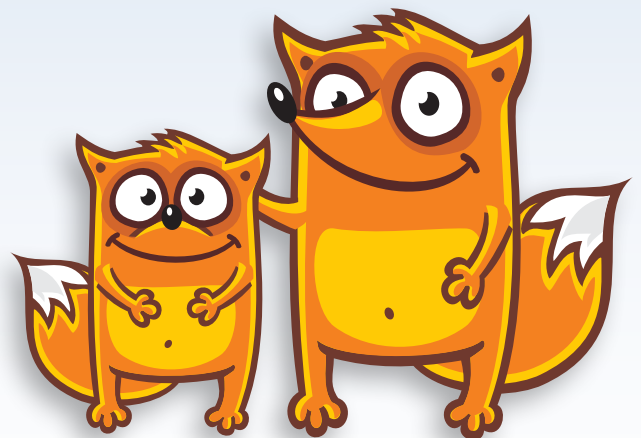
Has your child experienced or witnessed a stressful or traumatic event?

Is your child:

- Avoidant of situations that remind them of a stressful event?
- Experiencing nightmares?
- Worried about their or others' safety?
- Clingy or easily startled?

After a traumatic or stressful event, families face challenges that can affect family interactions, routines and communication. At the STAR Family Group, kids and parents work together to:

- Identify the path forward after a stressful or traumatic event
- Build on current strengths
- Learn new skills to help manage stress and overcome common challenges
- Support the parent-child relationship



New groups are enrolling now! Contact us for more information.

(310) 825-7573

This group is designed for children ages 7-11 years and their parent(s)/caregiver(s), it meets weekly for 12 sessions.

Most insurance is accepted.