

STAR FAMILY GROUP

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

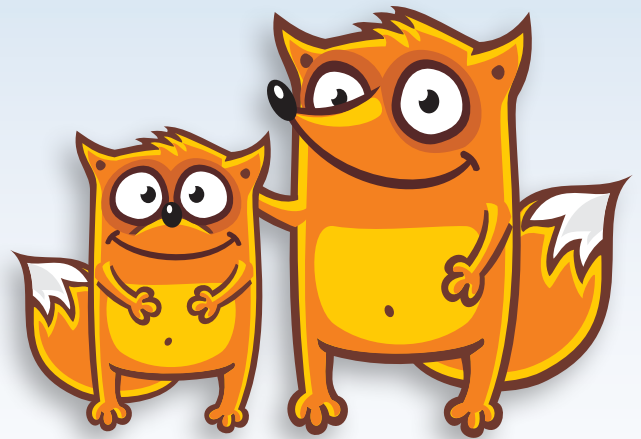
Has your child experienced or witnessed a stressful or traumatic event?

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



The STAR Family Group meets weekly on Tuesdays from 6:00-7:30 PM starting on Tuesday, March 28th.

Contact us today for more information!

(310) 267-0507

or REllingsen@mednet.ucla.edu

This group is designed for children ages 8-13 years and their parent, it meets weekly for 10 sessions.

Most insurance is accepted.