



AT THE UCLA STRESS, TRAUMA AND RESILIENCE (STAR) CLINIC

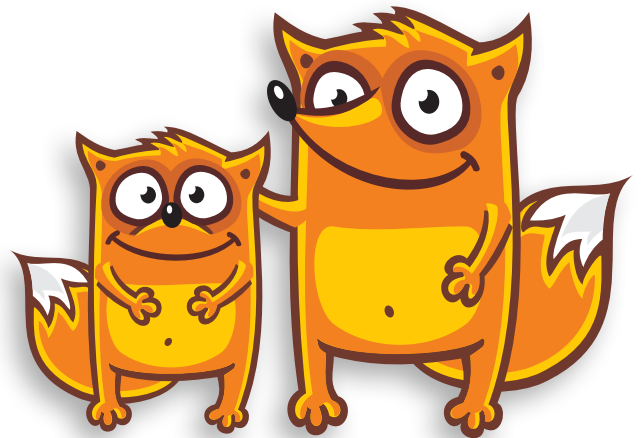
HAS YOUR CHILD EXPERIENCED OR WITNESSED
A STRESSFUL OR TRAUMATIC EVENT?

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 enrolling now!
Contact us for more information.

(310) 825-7573

starclinic@mednet.ucla.edu

This group is designed for children ages 8-13 years and their parent(s)/caregiver(s).

It meets weekly for 12 sessions.

Most insurance is accepted.



UCLA Division of
Population Behavioral Health

UCLA Health

Nathanson Family Resilience Center
Strong Families. Healthy Lives.

Semel Institute for Neuroscience and Human Behavior