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.