

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 special group for parents looking to build on their own super strengths! Join us to learn new strategies and sharpen your skills to bring out the best in your child.

OVER 12 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 12 sessions.



New groups enrolling now!
Contact us for more information.

(310) 825-7573

starclinic@mednet.ucla.edu

Most insurance accepted

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

This group is brought to you in partnership with:



UCLA Health

Nathanson Family Resilience Center
Strong Families. Healthy Lives.

<http://carescenter.ucla.edu>