

# 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 new 10 workshop series for parents. Join us to learn new strategies and sharpen your skills to bring out the best in your child.

### Over 10 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 10 sessions.



#### When:

March 3rd – May 5th  
Thursdays 6:00 – 7:30 PM

#### Fee:

Self-pay for 10 workshop series is \$750.  
Payment plans are available.

#### Reserve your spot today!

(310) 794-0166

#### Space is limited

Please register by February 22nd!

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

This workshop is brought to you in partnership with:



<http://carescenter.ucla.edu>