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 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:
Tuesdays 6:00-7:30 PM
Starting in January 2018

Space is limited
Reserve your spot by November 30th!
(310) 825-7573

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:
http://carescenter.ucla.edu