

# STAR FAMILY GROUP

at the UCLA Stress, Trauma, And Resilience (STAR) Clinic

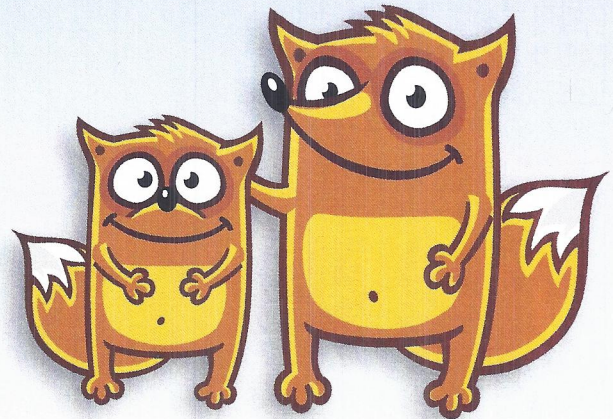
**Has your child experienced or witnessed a stressful or traumatic event?**

## 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 can face new challenges related to family cohesion and closeness. 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



**The STAR Family Group meets weekly on Tuesdays from 6:00-7:30 PM starting on Tuesday, January 24th.**

**Contact us today for more information!**

**(310) 267-0507**

**or [REllingsen@mednet.ucla.edu](mailto:REllingsen@mednet.ucla.edu)**

This group is designed for children aged 8-13 and their parents; it meets weekly for 12 sessions.

Most insurance is accepted.