

PARENT STRESS INTERVENTION PROGRAM

The Parent Stress Intervention Program was created to help parents of children with disabilities manage stress. The program incorporates evidence-based interventions from the field of positive psychology. Parents will learn strategies to reduce negative thought patterns (e.g., guilt, worry, pessimism) and emphasize character strengths and virtues (e.g., gratitude, forgiveness, optimism) related to parenting a child with a disability.

When: Wednesdays, June 17th - July 22nd (6 sessions)

Who: Parents or caregivers of children with ASD

Time: 6:00-7:30pm

Where: CARD Training Room, 1940 N. Monroe Street, Suite 72
Tallahassee, Fl. 32303

Registration: Email Lerena.Fleck@med.fsu.edu with your name and phone number or call 487-9193 and please leave a message if needed.

CARD
Center for Autism and
Related Disabilities

