

# Are you the parent of a 3- to 6-year-old child?

## Did you experience family stress or trauma when you were a child?

We are seeking participants for a research study on the use of a **family resilience program** to support families in which a parent or caregiver experienced significant stress or trauma during their own childhood.



## Why should my family participate?

Parents have reported that family resilience programs:

- Improved parent-child relationships
- Helped them develop effective parenting strategies
- Helped them to manage stress

## What would my family need to do for this study?

- Participate in a combination of in-person (parents only) and virtual (parents & children) visits with our UCLA research team
- Participate in **one** of two family resilience programs:
  - Virtual sessions: Approximately 8 parent/parent-child sessions (30-60 min each) with a provider via Zoom
  - Online education curriculum: Access high-quality online resources from our web-based parent education curriculum
  - **Families will be randomly selected into one of the two groups**
- You have the opportunity to receive up to \$200 for completing all parts of the study

## What makes me eligible for this study?

We are seeking parents/caregivers who experienced a significant family stressor during their own childhood (such as neglect, abuse, loss of a parent, witnessing domestic violence, etc.). Parents/caregivers must currently live in Southern California with their 3- to 6-year-old child and have internet access.

If you are interested in learning more about this opportunity, visit

<https://tinyurl.com/UCLAParentsOfPreschoolers>

You can also email and/or call us at:

[EarlyChildhood@mednet.ucla.edu](mailto:EarlyChildhood@mednet.ucla.edu) | (310) 794-6073



Nathanson Family Resilience Center  
Strong Families. Healthy Lives.