



FREE PARENT/CHILD COMMUNICATION SKILLS GROUP

For parents with children 6-12 years old

★ *Talking about the tough stuff*

★ *Helping your kids manage emotions*

★ *Coping with an upset child*

Dr. Shaffer and her research team in the Department of Psychology at the University of Georgia are testing a group to help parents gain and practice skills in talking to their kids about difficult emotions and challenging topics.

The six-week group is offered free of charge to eligible families. Options are also available for families to work on an individual basis with an AFFECT trainer.

For more information call the FRESH LAB
(706) 542-1299
or email ashaffer@uga.edu