

Parents – Feeling stressed?



Do you have a child who has a disability or a behavior challenge?

Do you practice mindfulness for stress reduction?

Join our focus group! IRIS Educational Media is holding an **online focus group** to understand how parents like you handle stress. Please come and share your thoughts and experiences.

This focus group is part of an NIH grant funded research study*. We will be asking questions to help refine an online parent training and support program.

Who?

Parents who meet certain screening criteria and have the ability to attend a focus group via Google Hangout on your computer or phone.

When?

April 19, 2016 at 6 – 7:30pm Pacific time



Interested parents can find out if they are eligible by going to this link:
<http://bit.ly/aptscreen2> by April 12, 2016

For questions or more information: **Tracy Raulston, traulston@irised.com**



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