



SEEKING PARTICIPANTS FOR A RESEARCH STUDY: **Resiliency Intervention for Parents of Children with Autism Spectrum Disorder (ASD)**

Researchers at the Benson-Henry Institute for Mind Body Medicine are offering an 8-session, 1-1.5 hours a week virtual-delivery resiliency program to parents of children with ASD. If you are parent of a child with ASD, you may be eligible to participate.

Purpose and Benefits

We are offering a virtual-delivery resiliency program to parents of children with ASD. The program teaches relaxation techniques, stress awareness, and problem solving skills to help cope with the stressors of parenting children with ASD.

You will receive up to \$40 worth of gift cards for participating in the study.

If you join this study, you will be asked to:

- Participate in a virtual resiliency program
- Complete surveys to monitor your progress in resiliency training

Who Can Participate

If you have a child whose primary diagnosis is ASD, you may be eligible to participate.

How to join

If you are interested in participating, or if you would like to learn more about this study, please contact ParentalStressStudy@partners.org or call (617) 643-6036.

***Thank you for considering our research study!
You will be participating in a program that may not only help you, but also
help many parents like you in the future.***

www.bensonhenryinstitute.org