

# VIRTUAL WELL-BEING GROUPS FOR PARENTS OF CHILDREN WITH AUTISM

Are you interested in improving your overall well-being alongside other parents of children with autism? Then this study might be for you!

## You can participate if:

- ✓ You are at least 18 years old
- ✓ You are the parent of a child (age 5-12) with autism and challenging behavior
- ✓ You speak English
- ✓ You have access to a device with audio and video capabilities
- ✓ You can identify another adult to assist with participation

**Purpose:** To examine whether virtual parent groups are something parents are willing to participate in.

**Cost:** There is no cost to you to participate. You will be able to access materials and groups free of charge.

**Time Commitment:** A maximum of 9 weeks. It will include an intake interview, 1-6 virtual group sessions, and 2 sessions of individual parent training.

**Location:** All study components will take place virtually.

**If you are interested in participating, please scan the QR code to complete a short survey.**

This study has been approved by Rowan University's IRB (Study #PRO-2023-5)  
If you have any questions, please contact the co-investigator, Abigail Moretti, at  
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