Stress Management & Mindfulness Group for Parents of Kids with Disabilities
Autism Spectrum Disorder Service

This is a 4-session stress management group with home assignments. The intervention was specifically developed for parents of children with developmental disabilities at the University of Queensland, Australia, and was found to be effective.

It includes introduction and practice of mindfulness exercises, together with acceptance and commitment therapy (ACT) elements for parents better coping with high levels of stress.

To enroll, please contact Dr. Gili Segall
Gili.segall@nyulangone.org

Telehealth Group Program
$500 total per family
Tuesdays 7:30-8:30 pm