

Project Bravery and Self-Compassion (BASC)



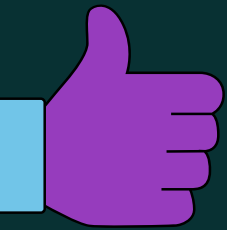
Details

- For parents with a child ages 4-10
- Take brief surveys before and after the brief intervention for about 60-75 minutes total
- Take brief surveys 2 weeks later for about 15 minutes

**Participate in a brief research -
Informed single session
intervention to help you practice
kindness to yourself, and help
your child build bravery!**

Survey Link:

<https://tinyurl.com/ProjectBASC>



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Email Morgan Browning with any questions.
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Approved by Antioch University IRB
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