

# Parenting Stress?

## ACT now!



- Are you 18 years or older?
- Are you a caregiver/parent of a child or teen age 0 – 17 years with a RASopathy diagnosis (such as NF1, Noonan Syndrome, Costello Syndrome, or others)?
- Are you experiencing any parenting stress?
- Would you be interested in receiving support virtually?

If you answered yes to all these questions, you may be eligible for a fully remote research study developed by Dr. Staci Martin Peron at the National Cancer Institute in Bethesda, Maryland.

The study is evaluating an intervention called **Acceptance and Commitment Training**, or **ACT**, which has been found effective in helping parents of individuals with other chronic conditions. The intervention involves 4 virtual sessions over 8 weeks. (This study does not include a drug or medication). Fathers, mothers, and other caregivers of all racial and ethnic backgrounds are encouraged to participate.

The entire study will be virtual so you will not have to travel to the NIH campus. Compensation for participating in the research study will be provided.

To learn more about the study, please contact:

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or

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