



# Coaching for Parents

*Our coaches are trained, specialized, certified  
and ready to help!*



## OUR EVIDENCE-BASED APPROACH

Using our six evidence-based areas of focus as a foundation, your coach will customize your experience to your needs and keep you moving forward.

1. Basic Needs
2. Attachment
3. Attachment Barriers
4. Suicide Prevention
5. Identity Formation
6. Parenting Principles

## Mental health issues touch most children.

How you handle your child's difficult moments now can influence their mental health later. Coaches are like your virtual parenting assistant, working together to help you help your child.

Coaching gives you tools to be a better parent, along with the accountability, structure and consistency you need to stay on track.

Your coach shares insight, energy and validation into your personal family challenges...day-to-day, week-to-week, even year-to-year when you feel too stuck, too alone, or too exhausted.

**Free and Confidential Registration**  
<https://CookCenter.info/GetCoaching>

