



PRIVATE AND CONFIDENTIAL PARENTING SUPPORT SERVICES ARE AVAILABLE!

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Are you feeling overwhelmed or inadequate as a parent? Do you feel like nothing you do works with disciplining your children? Do you wish for more peaceful days as a family? Is your stress as a parent interfering with your personal relationships? Parents often struggle with the stress of raising children and feel like there is no where to go for help or they are embarrassed to admit they want help.

IN-OFFICE SESSIONS

- Identify your strengths, current parenting styles, and areas of concern
- Learn new skills and define the type of parenting style you want to achieve
- Develop steps, goals, and a plan of action to begin your transition

PRIVATE CLASSES/WORKSHOPS

- Design your own class or workshop for your friends, family, or any groups/organizations you are involved in (on-site seminar room available for maximum 20 people; will travel to other locations for workshop presentations)
- Workshops can be tailored to your specific parenting dilemmas, age groups, or topic
- Complete a workshop or Curriculum-based parenting program in private either individually or with your parenting-partner (office sessions)

HOME-BASED SERVICES

- Parenting support is delivered in your home
- Includes the whole family and allows for immediate support
- New skills are taught and used in the moment
- Initial Office Consultation is required before Home-based services can begin
- Services are delivered within a 30 Mile Radius of Office location
- Some insurances may reimburse for home-based services; check with your provider!

TRADITIONAL THERAPY (INDIVIDUAL OR COUPLES)

- More in-depth self-reflection to identify patterns of behavior that may be impacting your ability to parent effectively
- Past traumas, childhood upbringing, or other factors are examined and how these have shaped your personality
- Identify personal strengths and areas you would like to grow and change
- Struggles with anxiety and/or depression
- Relationship problems