

"I NEED SUPPORT, BUT I CAN'T AFFORD
COUNSELING, AND MENTAL HEALTH
RESOURCES ARE SO LIMITED AROUND HERE!"

Coaching for Parents

Receive individualized coaching if you need
additional emotional or mental support.

"Parent Guidance curriculum
has not only taught me to
recognize different needs in my
children, but has given me hope
that it's never too late to
change the relationship."

FREE Parent Coaching

Includes:

- Weekly calls
- 24/7 texting with 24 hr response
- Guided, step-by-step resources
- Tools & tips to help you parent
- Confidential help



**Scan to register
for Coaching**

<https://cookcenter.info/coaching>

