

Concern
Real help, real experts, real fast.

PARENT COACHING

Getting started is easy.
Call **800-344-4222** with questions or for immediate support, ask for a parent coach.

Learn new skills. Build healthier relationships with your children.

Parents are asking for help with their children's emotional wellbeing. As a parent (or caregiver), **you may not know where to start**.

Coaching with an experienced professional is a great first step!

- ✓ Young children to teens
- ✓ Proactive vs. reactive parenting
- ✓ Positive, nonjudgmental support
- ✓ Strategies for common challenges
- ✓ Understand the issues
- ✓ Guidance making decisions
- ✓ Confidential
- ✓ Proven results

Topics

- Child development and behavior
- Early parenting
- Mental health and kids
- Sibling rivalry
- Pre-teen issues
- High school challenges
- Social anxiety
- Excessive screen time
- And more

Coaching Benefit

- Initial 60-minute call
- Two 30-minute follow-up calls

Why not give it a try!

Call **800.344.4222** or visit **app.concernhealth.com**