



## *Coaching for Parents...*

DO YOU NEED SOMEONE TO TALK TO  
ABOUT THE CHALLENGES OF PARENTING?

CONSIDER A  
PARENTING COACH!

**FREE PARENT COACHING INCLUDES:**

- WEEKLY CALLS WITH A COACH
- 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**

**Or go to: <https://CookCenter.info/Get-Coaching>**