

# Are you worried about your child?

We offer education and therapeutic support to empower and give you hope as you support your child's mental health.

**We would like to share an exciting new service for YOU, the parents,** at no cost to you. We heard your message that access to mental health resources are not easy to find. We have partnered with the Cook Center for Human Connection to provide mental health awareness, including **individual coaching to parents**. Think of your coach as your virtual parenting assistant, giving you tools to improve your parenting skills, and parent in a way that helps your child thrive.

If you need additional parenting support, COACHING is a free, confidential resource we are providing parents. Please click [here](#) to explore the ParentGuidance.org website where it explains what coaching can do for you. Short videos within the website will explain more about coaching.

If you feel coaching is the extra layer of support you are looking for, go directly to <https://parentguidance.org/get-coaching/> and select "**Register Today**" to get registered for coaching – FREE to you!

To learn more about the coaches, please click [here](#).