

FREE



one-on-one

online coaching

FOR PARENTS AND CARERS OF TEENS

ReachOut Parents Coaching is available for all parents and carers of teens aged 12–18, who are supporting their young person through a tough time.

Some issues you might be supporting your teen with include:

- Anxiety and depression
- School refusal
- Self-harm
- Gender and identity
- Communication problems
- Alcohol and drugs
- Aggressive behaviour
- Bullying

What's involved?

- Work one-on-one with a professional coach on a personalised plan to support your teen, designed around your family's strengths and challenges.
- The programme includes 1–4 sessions with your coach, over several weeks.
- Sessions are between 9am – 5pm (AEST), Monday – Friday.

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What

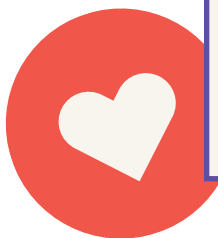
parents and carers

are saying



'Sometimes when you reach out for help you worry they will say you're doing everything wrong but I haven't felt that way... I've gotten so much out of the session'

'I felt safe and validated. You have been a pillar of strength and the things we've talked about have changed the way I parent, which has had such a positive impact on my daughter.'



'I feel I'm in a better position to have conversations with my teen. I know now that all she wanted from me was to know I was okay with her being herself.'

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ReachOut Parents Coaching

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