



PARENT COACHING AT CTN

A group for those parenting neurodiverse children



WHAT IS PARENT COACHING?



Parent coaching is the opportunity to work with a trained coach on your parenting values, beliefs and patterns. Coaching provides a space to consider what's going well and what feels like it's time to change.



PARENT-CENTRIC COACHING

Parent-centric coaching means this is all about you! This is not a program telling you how you "should" parent. This is also not therapy, or a place to process your own trauma.



It **is** a place to learn about child development, brain science, attachment theory, boundaries, and values. It **is** a place to get curious about your child, and to discover ways to bring more peace and ease into your home.

HEALTHY PARENTS

Parents of neurodiverse children can spend much of their time helping their child/children to regulate, often putting aside their own needs.

Coaching offers you a chance to fill your own cup, to discover what regulates you, what motivates you, and what creates space for you to best support your child.



BENEFITS OF GROUP COACHING FOR PARENTS WITH NEURODIVERSE CHILDREN



We understand the joys and challenges of parenting neurodiverse children. Participating in group coaching offers parents the chance to connect, learn, and feel supported along side parents with similar experiences.



DETAILS



Start Date: TBD-End of February

Location: Virtual

Time Options: Thursday 6:30-7:30, Friday 12-1

Cost: \$500/family- can be covered by CLTS funding

Contact us! info@ctn-madison.com

FIND JOY IN PARENTING



We all feel stuck and overwhelmed at times. Parent coaching can be a place to re-discover connection, joy and fun!

