

My Tailored Support Services

Receive personalized, professional coaching to foster respectful and constructive parenting to help you:

- ✓ Focus on your child's needs and improve communication between parents
- ✓ Support shared decision-making and create a positive family environment
- ✓ Explore solutions and new ways of engaging to strengthen your parenting relationship—whether to improve cooperation or address specific family challenges
- ✓ Build a more collaborative and functional relationship with your child
- ✓ Create a lasting legacy you and your child can be proud of, even through family changes
- ✓ Develop a respectful parenting plan in alignment with the other parent, whatever your family situation

These tailored offerings provide a safe, supportive space to give your child a more stable and harmonious life experience. Reduce conflict, navigate disagreements constructively and develop positive attitudes toward the other parent to support healthy and respectful co-parenting.

1. Move Beyond Parenting Conflicts

4 to 10 sessions (1h30 each), individual or as a couple

Step out of the cycle of repeated conflicts, differing parenting visions, and parenting tensions around education and child-rearing.

For: Parents together or separated who want to strengthen parenting or co-parenting collaboration and create greater family harmony.

2. Face Parenting Challenges with Confidence

6 to 8 sessions (1h30 each), individual, couple, or small-group format (6–12 participants)

Instead of reacting, learn to respond thoughtfully to your child or teenager, using the STEP approach (Systematic Training for Effective Parenting). Gain practical, immediately usable tools to address difficult behaviors.

For: Parents together or separated who want to strengthen everyday parenting strategies and better manage behavior challenges.

3. Join a Co-parenting Support Workshop

4 to 6 sessions (1h30 each), group format (6–12 participants)

This space offers support for reducing the stress of separation, improving communication, enhancing parenting skills, and building a peer support network through shared experiences.

For: Parents going through separation, looking to build respectful and cooperative co-parenting practices.

4. Expand Your Parenting Toolkit

Fully customized program — number of sessions and content tailored to your needs

A fully personalized coaching plan, designed just for you.

For: Parents together or separated who are looking for flexible, made-to-measure support that responds directly to their unique family needs.