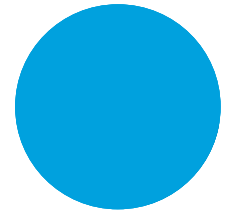


Parent Coaching



Employee Wellness can connect you with a Parent Coach that will empower you with the information, tools, support and skills to build and maintain a family that can flourish.

- Do you find yourself feeling drained from the day-to-day tasks that parenting requires?
- Are you blending families?
- Is your child acting out or engaging in risky behaviour?
- Are you and your child having difficulties 'hearing' each other?

One of the most rewarding yet complex roles you can take on in life is becoming a parent. Our Parenting Specialist can provide you with the tools, support and strategies to help manage a variety of challenges unique to parents. Our Parenting Specialist can also provide you with the tools necessary to create a cohesive family unit, such as mediating conversations between you and your child in order to help resolve conflict, improve family communication, and foster mutual understanding.



One to one Coaching includes:

- Communication techniques for parents
- tools on how to keep the doors of communication open
- Recommendations for community, printed and online resources

www.employee-wellness.ca
Call us at 1-800-505-4929 (toll free)
604-872-4929



EMPLOYEE WELLNESS
good thinking