



strengthening families, schools & communities for children

4 Militia Drive
Suite 7
Lexington, MA 02421
Tel: 781-862-4446
Fax: 781-862-8371
pralexma@aol.com
www.parentingresourceassociates.org

Private Coaching For Parents

Parent Coaching is Parenting Resource Associates' innovative approach to supporting and guiding parents and families. Parent Coaching blends aspects of traditional counseling, contemporary models of life coaching, and solid understanding of parent and child development.

Who

Parents, individually or as a couple, plan and work collaboratively with a parent coach (coach may or may not be a licensed mental health professional – clients may choose)

To Do What

To identify and clarify issues, to consider possible solutions, and to effect desired change.

Together, parents and coach set up realistic, attainable goals and an individualized plan to reach those goals.

The coach guides, assists and educates parents as they work toward becoming the parents they want to be.

Reasons to seek coaching

Parents choose coaching to:

- gain direction when addressing a child-focused concern
- modify their own actions or behaviors
- make the most of a window for reflection and learning

Nuts and Bolts

Initial meetings are conducted face to face for 75 minutes, for a flat fee of \$150.

Subsequent meetings and phone sessions are arranged as determined by client and coach, and are billed at a rate of \$125 per hour.

Insurance

Coaching may or may not be covered by your health insurance.

While PRA is happy to prepare receipts for you to submit to your insurance provider, we do not work directly with insurance companies.

Coaching clients are responsible for payment at the time of service.

To schedule a coaching session

Contact Jodi Wilinsky Hill, Executive Director, at 781-862-4446, ext. 202