

# Parent Coaching

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Flex Funds

Our Parent Coaches are highly trained Master's and Licensed Level Clinicians whom assist parents and caregivers develop skills and strategies to navigate family challenges and strengthen relationships and communication with youth and family members.

## PARENT COACHING FOCUS AREAS:

- Parenting Skills
- Family Dynamics
- Trauma-Focused Approach
- Positive Reinforcement
- Reward System
- Goal Setting
- Conflict Resolution
- Psycho-Education
- Limit Setting/Boundaries
- Pro-Social Skills
- Domestic/Community Violence

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