

MENTAL HEALTH RESOURCES

ParentGuidance.org



ONLINE RESOURCES

ParentGuidance.org

ParentGuidance.org offers a trusted resource for parents with over 60 on-demand courses, links to the Mental Health Series Resources, Parent Coaching, and an "Ask a Therapist" FAQ section where licensed therapists respond to anonymous questions.



THERAPIST LED

On-Demand Courses

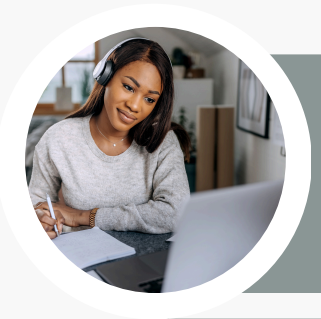
ParentGuidance.org offers a comprehensive library of over 70 free online courses created by licensed clinicians, covering essential topics such as Anxiety, Depression, Self-Harm, Bullying, Social Media, Substance Abuse, and Grief and Loss. These courses are available in both English and Spanish, providing valuable, professional guidance to help families navigate tough parenting challenges.



1:1 SUPPORT

Parent Coaching

Parent Coaching offers personalized, virtual support from expert coaches, providing guidance on topics such as grief, anxiety, depression, and parenting basics, with weekly 1:1 sessions and 24/7 messaging access.



MON - THURS EVENTS

Mental Health Series Platform Resources

The Mental Health Series provides parents with unlimited access to on-demand recordings, live monthly sessions led by expert facilitators, and other topical resources. These offerings provide valuable mental health support and guidance, addressing various parenting challenges and ensuring ongoing assistance whenever needed.



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Scan for more information

