

Coaching for Mental Health and Well-Being

Families statewide now have access to **state-funded mental health and wellness coaching for the next three years**, thanks to a partnership with the West Virginia Department of Education and the Cook Center for Human Connection.



What is Coaching?

Coaching is a no-cost virtual service where parents, caregivers, and school and district staff members can meet weekly or bi-weekly with a coach trained in cognitive behavioral therapy to address parent and personal mental health concerns to drive successful outcomes.

Learn Foundational Skills to:

- ◆ Navigate challenges together with effective strategies.
- ◆ Recognize and meet their child's basic needs for a positive future.
- ◆ Build secure attachments to create a safe environment.
- ◆ Understand key elements of emotional growth at every stage.

Coaches help individuals **set goals, track progress, and offer encouragement** every step of the way.

Who is Coaching For?

Everyone can benefit from a coach, and it's perfectly suited for any unique situation.

Coaching especially meets the needs of parents, caregivers, and staff members who may be unable to attend therapy due to reasons like:

- ◆ Lack of insurance or resources
- ◆ Long waitlists for therapists
- ◆ Distance to mental health providers
- ◆ Limited time due to work schedules
- ◆ Concerns about stigma or judgment

Coaching offers a flexible, judgment-free way for individuals to grow personally and collectively.



How Do Individuals Get a Coach?

1. Enroll at parentguidance.org
2. Schedule Their First Call
3. Download the Mobile or Desktop App

In just five minutes, **individuals can start this valuable journey** and choose the days and times that best fit their lives.

Help West Virginians Thrive!

Spread the word about this incredible resource, empowering communities and creating better outcomes for individuals and families alike.



Enroll Today!
Sign Up at
parentguidance.org



West Virginia DEPARTMENT OF
EDUCATION



COOK CENTER
For Human Connection