

Hello!

We are pleased to offer a free and confidential website for families, [ParentGuidance.org](https://www.parentguidance.org). This site was developed by licensed therapists that provides trusted and specialized courses, professional support, and a safe community for parents to learn how to support your child. Parents can also get answers to mental health questions, especially anxiety, depression, self-worth, grief and loss, suicide ideation, self-harm, bullying, family strife and other mental health concerns. One popular course you may want to explore is "Parenting with a Purpose." There are over 70 e-courses, free to families, which are led by licensed therapists as well as an ask-a-therapist section on the website. The courses within ParentGuidance.org will provide you with tools to form stronger bonds with your children.

In addition to the free website, our district is offering **Parent Coaching** to all families within the district. Parent coaching is a confidential service provided to parents and families. If you or your family is in need of extra support, go to ParentGuidance.org, select "Parent Coaching" and select "Register for Coaching" to get started. A coach can meet with you as often as weekly for a 30-minute session to discuss your concerns or needs. You will also be able to message your coach if other concerns arise before your next scheduled meeting. For more information about the coaching process, click the links below:

- [Coaching for Parents](#)
- [How Does Coaching Work](#)

Every month, parents can join anonymously, an **Ask a Therapist LIVE**, one-hour workshop with a licensed therapist who has expertise in youth mental health. The therapist will directly answer parents' questions during the session, starting at 6 pm MT/ 7 CT/ 8 ET.

Look for the ParentGuidance.org logo on our homepage to access this free service available to families within our district.

Kindest Regards,

Monthly Newsletter:

[November 2025 Newsletter - Gratitude & Mental Health](#)