



**SMALL COMMUNITY.
BIG OPPORTUNITIES.**

METROPOLITAN SCHOOL DISTRICT OF STEUBEN COUNTY

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January 30, 2024

Parents,

We would like to share an exciting new service for YOU, the parents, at no cost to you. We heard your message that access to mental health resources is not easy to find. We have partnered with the Cook Center for Human Connection to provide mental health awareness resources to families. These resources include a free website, ParentGuidance.org, with over 50 on-demand courses led by licensed therapists, Mental Health webinars for parents, Parent Coaching—individual coaching for parents who want extra support, and Ask a Therapist.

ParentGuidance.org is a free program designed to help parents help their children. This is a great starting point as you look for answers regarding your child's mental health, child development, or even your own needs. Many parents use this resource to get answers to questions about a variety of topics from licensed therapists. You can also see the Ask-a-Therapist section where you can submit questions and review therapist responses in our library of FAQs with topics such as anxiety, suicide ideation, bullying, self-harm, and more.

Parenting is hard and every child requires different parenting styles. Parent coaching is a confidential service provided to parents and caregivers associated with our district. If you or your family needs extra emotional support, new parenting techniques, ways to communicate better with others, or any type of help, go to ParentGuidance.org, select "Parent Coaching" and select "Get Started" to enroll in the FREE parent coaching services being offered. You can meet with a Parent Coach once a week for a 30-minute virtual meeting as well as message your coach throughout the week as needs arise, with no limited number of sessions! These services are HIPAA protected and what you discuss with your coaching will never be reported back to the district.

For more information about the coaching process, click the links below:

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



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MSD of Steuben County

In addition to Parent Coaching, you can join any of the daily one-hour webinars that are part of the *Mental Health Series*. These are designed to support parents on topics such as anxiety, the effects of screen time and your child's mental health, and suicide prevention. We will have a focused topic each month. Our October focus is on *Social Media: Protecting Your Child*. Here is a [link](#) to the calendar of all the events for October.

We encourage parents to take advantage of these new resources. If you have any questions, please contact your child's guidance counselor.

Sincerely,

Schauna Relue, Ph.D.

Assistant Superintendent