



**TOWARDS HEALING**

*A Catholic Church response to Institutional/Clerical/Religious abuse*

## **What is Parent Coaching?**

This service provides clients with support in terms of parenting their child/children with a fully trained Parental Coach who is approved by Towards Healing. These support sessions are carried out over the telephone so location is not an issue in availing of this service.

Parenting today is a challenging job particularly if our own parenting was lacking. A Parenting Coach can assist parents in creating a healthy family life for themselves and their children.

The service allows the Parent Coach to offer a focused, practical and time limited intervention, emphasizing a positive approach that builds on the parent's strengths. In that time the Parenting Coach has assisted parents and carers to address issues related to their relationship with their children or teenagers.

The parent-coaching relationship is also a gentle and nurturing process that involves inquiry and self-discovery, and provides the client with an ongoing structure of assistance, accountability and support.

To date support has also been offered to parents around the areas of low self esteem, positive discipline, enhancing the parental child relationship, or in school or peer related concerns. Intervention has also been offered around parental separation or bereavement or if a question around a young person's mental health arises, such as in depression or anxiety.

The Parent Coach can if needed direct clients to an appropriate service for their young person or for further support for themselves.

The Parent Coach's experience is that offering effective parent coaching can help the adult to become more focused on their own therapy, having increased peace of mind around their children.

If you have any comments or concerns about the service please contact us on our **Freephone Helpline:**  
**1 800 303 416 (Rep of Ireland)**  
**0800 0963315 (Northern Ireland & UK).**

We are open during the following hours:

**Monday to Thursday** 11:00 am to 8pm  
(Excluding Public Holidays)

**Friday** 11:00 am to 6pm

Please keep this sheet for your own information in case you need to refer to it again in the future.