

positiveapproachesllc.com

Parent Coaching

FOR PARENTS OF
CHILDREN WITH ADHD

Starting July 2024

ARE YOU:

- overwhelmed by your child's behavioral meltdowns?
- uncertain how to help with your child's academic difficulties?
- stuck on an emotional rollercoaster with your child?

If you're tired of feeling like you're constantly battling against your child's ADHD and you're ready to reclaim harmony and confidence in your parenting, you aren't alone!

This parent coaching program is designed specifically for parents of children with ADHD. You will connect with other parents and receive professional support from a Licensed Professional Counselor, with the goal of empowering you with practical strategies and expert guidance to navigate challenges with grace and resilience. In this program you will discover the keys to fostering understanding, connection, and success in your family dynamic.



What to Expect

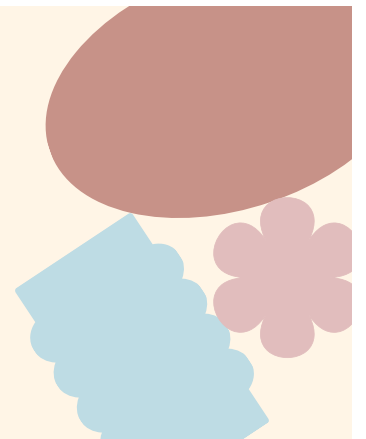
- 5 month commitment required to ensure full benefit of the program for your family
- 1st & 3rd week of each month, parents will receive email lessons to apply to their unique family situation
- 2nd & 4th week of each month, parents will join a 90-minute group coaching call via Zoom with Alexis (a Licensed Professional Counselor in Oregon) to connect with other parents and discuss challenges, successes, and any other topics participants are interested in discussing

Payment Options:

- \$300/month with a 5 month commitment (\$1,500 total)
- \$1,200 payment in full for 5 month access

To join this program, email Alexis@positiveapproachesllc.com to schedule a brief screening interview

About Positive Approaches, LLC



Positive Approaches, LLC is a mental health therapy practice in the state of Oregon, owned and operated by Alexis (Aiger) McCormack, LPC. Alexis has been a licensed professional counselor in the state of Oregon since 2016 and is an ADHD-Certified Clinical Services Provider. Alexis has worked with adults, teenagers, children, and their families for the entirety of her mental health career and is most passionate about helping families achieve balance and peace so they can pass on mental wellness to future generations.