

Learn to master one of the most challenging but rewarding jobs.

The Parenting Academy is committed to offering the **highest quality evidence-based and research-based programs**. Combined with the expertise and compassion of our accredited parenting coaches and therapists, we provide a **positive and judgement-free** learning environment for the parent, child and family.

Whether you are parenting toddlers or teens, the Parenting Academy can help by providing you with the skills and knowledge to approach nearly every real-life situation or challenge your child might throw your way. Let us help you be the **best parent you can be** and achieve the goals you have set for yourself, your child and your family!

What is research-based? Research-based programs are designed from scientific theories.

What is evidence-based? Evidence-based programs are proven to be effective by rigorous research.



PARENTING ACADEMY

A positive, practical,
research-based
approach to parenting



Contact Us



Phone

(360) 922-3600



Email

contact@parenting-academy.org



Website

www.parenting-academy.org



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Carnation Building
117 N. 1st Street #1
Mount Vernon, WA 98273

Brought to you by
Brigid Collins Family Support Center



"Our lives have completely changed. Working with a parenting coach was the best decision I have made as a parent."

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What can parent coaching do for you and your child?



"What began as a call about how to implement discipline strategies for my child, turned out to be a life changing experience for my entire family. The amount of acceptance, respect, support and encouragement the coach provided us has been invaluable!"

Enroll in our services (offered both in-person and virtually):

- Gain practical parenting strategies appropriate for you and your child.
- Enhance your child's social, emotional and cognitive development.
- Feel more confident in your parenting and bring harmony to your home.
- Create an energizing and fun approach to parenting and family communication.
- Foster a bond that builds warmth, trust and happiness.
- Know which parenting strategies work (and don't work!)

One-on-One Parent Coaching

Meet with a specialized coach to focus on the goals you have for your child and for yourself as a parent. No parenting issue is too small or too large!

Parent-Child Interaction Therapy

Utilize a one-way mirror and "bug-in-the ear" technology to receive in-the-moment coaching.

The Incredible Years®

A series of two-hour small group sessions.

Triple P Positive Parenting Program

One-on-one coaching designed to help navigate the tricky teen years.

Parenting Group Seminars

Highly successful series of sessions with parents of children ages birth to eighteen. Topics vary.

Some of the unique situations we are qualified to help you with include:

Attention-Deficit Disorder and Attention-Deficit/Hyperactivity Disorder (ADD/ADHD), Oppositional Defiant Disorder, developmental disorders including Autism Spectrum Disorders, challenges with behavior and discipline, parenting after divorce, blended families, trauma, stress and self-care, sibling rivalry, routines and schedules, adoptive children, and more.

Invest in your family today!

The Parenting Academy **now accepts insurance**. Coverage of services varies by provider. We are also committed to being accessible to all families and co-pay scholarships are available. Please inquire for more information.

Find the right fit!

Contact us for a **free** 30-minute consultation with a professional parenting coach by calling **(360) 922-3600** or emailing **contact@parenting-academy.org**.

