

# Family COACHING

***Are your child's behaviors overwhelming? Are you discouraged that your parenting seems ineffective? Are you an adoptive, foster, or kinship family?***

If you feel isolated and worried about your child or family's well-being, or maybe you are just at the end of your parenting rope, there is hope! You don't have to walk this road alone. OCA's family coaching is designed to help parents understand what's really going on beneath the behaviors, rethink parenting strategies, and strengthen bonds of connection.

Using a Christ-centered approach and evidence-based tools, our Family Coach meets one-on-one with caregivers weekly and customizes each 60-minute session to a family's specific needs and goals. We meet you exactly where you are and walk with you until you feel confident implementing new tools and strategies on your own.

Let's work together to reduce stress and chaos in your home, and invite peace, connection, and laughter back into your

**Find out more at  
[orphancarealliance.org/family-coaching](https://orphancarealliance.org/family-coaching)**

