

intentional parenting

Parent Coaching Group
Christina Hagemeyer
LPC, ATR-BC



6 weeks
Starting April 14th
Fridays at 11am virtually
Bring your lunch and connect with other parents!

Join this parenting group to explore ways to be more present and intentional as a parent. Christina has worked extensively with children who have experienced trauma and children who are neurodivergent (ADHD, Autistic, etc.). She goes beyond providing tips and tricks, helping you understand what you and your child are really experiencing. As a licensed professional counselor, Christina's unique approach combines a therapeutic lens with an interactive style, allowing for greater awareness and lasting change.

Groups will center around four principal themes:

- 1) It starts with us
- 2) Understanding your child
- 3) Creating healthy relationships
- 4) Supporting your child

Pricing: \$750 for group
Payment plans available
Limited to four parenting
units!



SAGE HOUSE
THERAPY

Contact

info@sagehousetherapy.com

Get started today!

the good stuff

what to expect with parent coaching
group



SAGE HOUSE
THERAPY

1) It starts with us

We will take a look at your parenting philosophy and how your childhood can affect the way you parent. You can expect to get aligned with yourself and/or your partner on your parenting expectations and needs.

2) Understanding your child

We will take a close look at the brain and how our stress response plays a role in parenting. You can expect to understand how your child's brain functions and why emotions are so important.

3) Creating healthy relationships

We will take a look at boundaries and discipline and why they are so hard. You can expect to talk about effective ways to support your child in these areas.

4) Supporting your child

We will take a look at routine and structure. You can expect to understand what works for your child and why routines are so important.