

# Parenting Children with Special Needs?

- Are you looking for a way to make some real changes in your life to positively affect your family?
- Are you overwhelmed and at your wit's end trying to manage it all?
- Are you encountering road blocks or challenges getting your child the help he/she needs?
- Do you have concerns what to do if there's cuts to your child's services?
- Do you long to go to church but your child's issues keep you home instead?
- Do you wish your child had some friends to play with or social outlets?
- Do you have concerns about your child's future?

## Try Group Coaching!

*A unique, Helpful, Forward-looking Group Experience for parents of Special Needs Kids*

*Group Coaching can benefit parents and kids alike regarding challenging issues that affect your family.*

### Experience the advantages of Group Coaching

- Connect, learn, and be encouraged by others walking a similar path, with focus on your agenda and goals.
- Be transformed by the Group Coaching process at a fraction of the price of individual coaching.
- Coaching is done via teleconference calls on a secure bridge line, taking into consideration child care issues, adverse weather conditions, limited time and finances.
- Groups are intentionally small, confidential and consisting of 6-8 participants for 75-90 minute sessions.
- Group times offered during the day or in the evening and are recorded for those who are forced to miss.

### Group Themes focus on relevant topics such as:

- **Social Issues** of both your child and your family;
- Exploring **Community Services, Treatments and Resources**;
- **Faith Based Support**- Having a sense of belonging as a valued member of a Body of Believers;
- Issues related to **Neuro-developmental disorders** (ie. Autism, ADHD, Sensory Processing Disorder)

Sheila Hughes is a Life Coach with 25 years of experience working with children with special needs both professionally and with her own children. Sheila is skilled in creating a framework for clients to explore and move forward with their own agenda, creating awareness, while challenging participants to take the actions steps necessary to make the kind of changes in their lives and family they have been longing for.

Groups are now forming! Sign up for the Track most relevant to your needs! Contact Sheila today to reserve your spot.

Phone: 208-966-4338  
E-mail: sheilamh67@gmail.com  
ReflectingHisImageclc.blogspot.com

Revised 1/20/2014

Group Themes (PST)	Tuesday 7-8:30 PM	Saturday 12 PM -1:30 PM	Per Session/8 wk Program
Social Issues			\$15/\$80
Community Resources			\$15/\$80
Faith Based Support			\$15/\$80
Neurodevelopmental issues			\$15/\$80
Individual Coaching*			*2 sessions/8wk, +\$40
Individual Coaching Only			3 Sessions/mo for \$90