

# Family Support Coaching

## Family Support Coaching Provides:

- Free in-home, virtual, and group services available to empower families and to promote healthy child development and behaviors.
- Early childhood parent education.
- Ways to strengthen family relationships.
- Connections for families to community resources that meet the family's needs.
- Trust Based Relational Intervention:
  - Helps parents and children with reducing challenging behaviors, increase connection between parent and child, help children communicate their needs properly and heal from past traumatic events.

## Eligibility:

- Families who are pregnant or have a child in the home 0 to age 6.
  - Living in Cooke, Denton, Ellis, Erath, Hood, Johnson, Palo Pinto, Parker, Somervell, Tarrant and Wise Counties.

## Mothers and Babies:

- Assists pregnant or postpartum mothers with learning useful skills and tools, including:
  - How to manage stress, increase pleasant activities and mood, strengthen bond with your baby, track mood and learn the affects of mood to build skills for the future and all aspects of life.
  - Connection with other mothers.
  - Information about pregnancy and baby's development.



Mental Health Consultation and Nurse Home Visiting available.

Each family will receive a family support coach to focus on and support the family's goals for education and connection to resources to best meet the needs of your individual family.

To be connected to a family support coach, call 844-NTX-KIDS (844-689-5437) and ask for family support coaching.

For more information on how Help Me Grow can support you, scan the QR code or visit [www.HelpMeGrowNorthTexas.org](http://www.HelpMeGrowNorthTexas.org).

