



"My coach encourages me every step of the way."

## Mental Health Coaching for Staff and Families

### Get One-on-One Support

Every parent, guardian, caregiver, and school staff is eligible for free parent and staff coaching. Our partnership with ParentGuidance.org lets you sign up with a coach to help you thrive.

**Sign up at  
ParentGuidance.org**



1. Scan QR Code
2. Click "Get Started"
3. Select "Hawaii"
4. Select Your Complex
5. Select Your Role

**ParentGuidance.org 24/7 on demand courses**

**Meet with your coach weekly, depending on your needs**

**Message your coach when you experience difficult moments**

