



Parent Coaching with Gwendolyne Tuttle, LCSW

What is Parent Coaching?

Parent Coaching is a non-clinical process that utilizes evidence-based concepts to support parents. The coaching process allows parents to unify their approach to parenting and work through challenges associated with the developmental milestones of their children.

Who is Parent Coaching for?

- Families looking to strengthen their bonds
- Parents who are separated
- Parents who are divorced
- Parents of adolescents struggling with mental health challenges
- Parents who want to learn more about boundaries, communication, & individuation

For more information, please visit [The Coastal Institute](https://www.thecoastalinstitute.org) or reach out directly by email at info@thecoastalinstitute.org or by phone 207-548-5137.