

# PARENT COACHING



## What's available?

Parent coaching provides new insights, ideas, and practical solutions for your parenting challenges. Parents are supported to make simple and positive changes in their family. Parents are given easy-to-follow instructions and visuals to help make changes that last.

Available by appointment.

Parents are welcome to bring their child/ren to the sessions.

Mondays (9am to 5pm)  
Tuesdays (9am to 5pm)  
Wednesdays (9am to 5pm)  
Fridays (3pm to 5pm)

Location: South Penrith Neighbourhood Centre

Parent Coach: Narelle Smith

22 years experience working with children and families in the Penrith area. Qualifications: BA; Masters Child & Adolescent Mental Health; Grad Dip Counselling & Integrated Psychotherapy; Cert IV Pastoral Care; Triple P practitioner (Levels 2, 3, 4, 5); Circle of Security parenting facilitator; Parent-Child Interaction Therapy.


Special interests: child anxiety, ADHD, disability

Phone: 0409 986121

Email: [Parenting@nepeancommunity.org.au](mailto:Parenting@nepeancommunity.org.au)

Cost: FREE

 Parenting In Penrith (Facebook)

 Hands, Hearts and Minds (WordPress)



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

*Respect. Resilience. Reconciliation.*

**W:** [www.nepeancommunity.org.au](http://www.nepeancommunity.org.au)

**E:** [info@nepeancommunity.org.au](mailto:info@nepeancommunity.org.au)

**P:** 02 4721 8520 (Head Office)