



## Parent Coach

KGA, your Employee Assistance Program, provides support to you as a parent. Our Certified Parent Coach will assist you with strategies to support your family and yourself. Our coach can help you navigate parenting and taking care of yourself as an individual.

### Coaching Topics:

Parenting effectively through specific issues

Parents of all ages through adulthood

Self-care for parents

Assist children to learn independence

Foster stronger connection in family relationships

Plus, more!



More Human. More Resources.

For more support, contact KGA at:

[www.my.kgalifeservices.com](http://www.my.kgalifeservices.com)

800-648-9557

[info@kgreer.com](mailto:info@kgreer.com)

For easy access,  
download our app, KGA Mobile:

