



PFS CONNECTS

Newsletter

We are excited to share...

- Blog Post - Role of Therapist vs. Coach
- What are we reading?
- Upcoming Events
- Interested in Boarding School

Our mission is to empower families to gather strength and clarity toward action and hope.



“What’s the Role of Therapist vs. Coach?” by Shannon DeVilbiss

People often ask us what the difference is between the role of a therapist and a coach. While both can help you create changes in your life, there are some important distinctions.

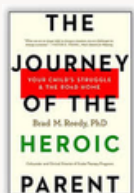
Therapists must be licensed by the state in which they practice, and have the ability to diagnose and treat mental health disorders, substance abuse issues, and process complex emotions.

Coaches, who are certified by organizations, help you clarify goals and assist in breaking them into actionable steps. Goals can focus on mindset, career, relationships.



[CLICK HERE TO CONTINUE](#)

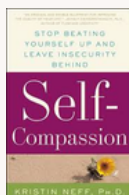
Books our Industry is Reading



The Journey of the Heroic Parent by: Brady Reedy, PhD



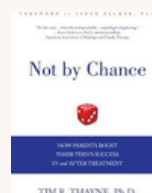
The Anatomy of Peace by: Arbinger Institute



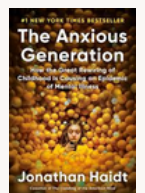
Self-Compassion by: Kristin Neff, PhD



Rising Strong by: Brene Brown, PhD



Not by Chance by: Tim Thayne, PhD



The Anxious Generation by: Jonathan Haidt

Ask us about resources for your loved ones specific need.

Upcoming In-person and Virtual events:



Other Parents Like Me

Online support community exclusively for parents of teens and young adults struggling with mental health challenges.

oplm.com



Grant Halliburton Coffee Days

offers DFW free monthly peer support groups for caretakers of young people with emotional or mental health challenges.

granthalliburton.org/coffeedays



DFW School Expo

for ADHD, autism, and/or learning differences (14 schools participating)

November 1, 8:30-10:30am

Joann Fogg Service Center

spectratherapies.com/dfw-school-expo/

Center for Social Success

College Prep Group

12-week course to tackle topics your college bound teen will need to know to succeed.

Register for Monday Group at

CSSDallas.com

Have an event you want us to share? Email us.



Boarding School? Really?

Boarding school can be a gift for your child. It takes strength to allow one's child to leave the nest earlier than anticipated. Reason can include family tradition, smaller class size, more accessible sports or arts, greater independence, structure, deep friendships, and fun.

- All Boy/All-Girl
- College Preparatory
- Military
- Religious
- Pre-Professional (arts ,sports, etc)
- Horse Ranch
- Prep School in Canada
- Ski Slope or Zoom on Campus

Let us help you and your child weigh the benefits to decide if it might be the experience your family is seeking! **Our Boarding School Expert, Kelly Miller can be reached at 312-371-7740.**



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