

Community Leaders Corner

We are highlighting the amazing leaders within the Central Virginia community & around the world who are spearheading transformative programs serving youths & families. It is an honor to share the amazing work that our beloved partners are doing

About Melissa

With over a decade of experience working with teens and parents, I help families move from chaos and confusion to clarity, connection, and calm. Backed by a Master's in Social Work and a background as a School Counselor, I specialize in real, honest conversations that bridge the gap between parents and their teens. My approach is heart-centered, no- fluff, and rooted in deep understanding of both teen development and parental stress.



Melissa Roy, MSW – Parent & Teen Transformation Coach

Services Offered

◆ 1:1 Coaching for Parents

- ***Clarity Session – 1-hour Zoom + follow-up***
- ***2-Week Guided Support – Coaching + unlimited text access***
- ***30-Day Transformation Experience – Intensive support to shift your parent-teen dynamic***

◆ The Parent Connect Membership

A monthly membership community that offers:

- ***Expert-led workshops***
- ***Downloadable resources & guides***
- ***Live coaching calls***
- ***Supportive parent community***

Contact Info:

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Connect with Melissa by scanning here:

