

# FAMILY FOUNDATIONS COACHING



## HOW I HELP

- Create a clear, customized home plan for your family
- Turn recommendations into real-life, daily action
- Build consistent routines, structure, and follow-through
- Coach parents in real time through challenges as they happen
- Align everyone involved (parents, caregivers, professionals)



## WHO I SUPPORT:

- Overwhelmed, stuck families
- Parents of kids 5+ to young adults
- Challenging behaviors or mental health struggles
- Struggles with consistency, follow-through or routines
- Families in transition
- Parents ready for real, practical change

## COMMON CHALLENGES:

- Inconsistent parenting
- Power struggles, meltdowns or not listening
- Daily routine breakdowns
- New mental health or learning diagnoses
- Transition home after treatment
- Stalled therapeutic progress
- Alternatives to inpatient care

## WHEN TO REFER:

- Recommendations aren't being implemented at home
- Need hands-on, in the moment, support at home
- Ongoing behavior challenges despite therapy
- Family needs structure, clarity and accountability
- Bridge the gap between session and real life

**Customized Home Plans | One on One Workshops | Intentional Parent Coaching**

**Kolbie Squires, MA**

MA in counseling | 10+ years working  
with families & in mental health

(830) 329-6502

hello@familyfoundationscoaching.com  
www.familyfoundationscoaching.com

**READY TO GET STARTED? REACH OUT TODAY!**