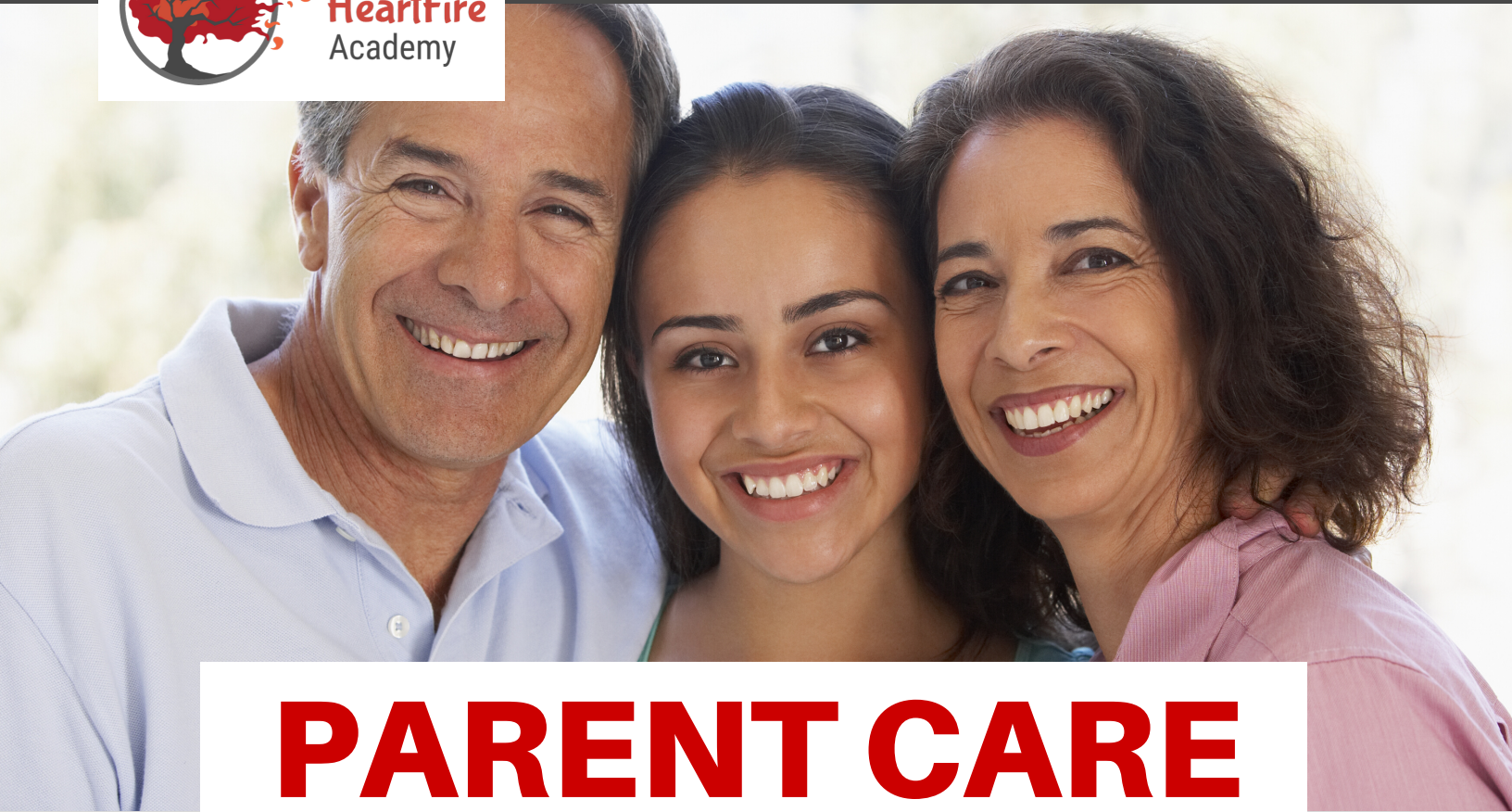




**HeartFire**  
Academy



# PARENT CARE

## BECAUSE PARENTS NEED SUPPORT TOO

Our Parent Care Program is designed to help parents heal, find peace, reconnect, and enjoy life again.



### Self-care

We offer live and online workshops on a variety of topics that promote wellness and joy.



### Support

We offer a community of encouragement and compassion, along with private online coaching.



### Resiliency

We equip parents with the tools and resources needed to thrive in the face of challenges.

## We understand!

Parent Care was created by moms who have "been there" and understand, first-hand, the unique challenges parents face when raising a child in crisis. We offer the support we needed.

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