



Building strong families and bright futures for over 40 years

What is Parent Coaching?

Parent Coaching is a partnership between a certified coach and an individual. It is a shared process with the coach serving as a guide to the creation of client-led solutions.

Who is it for?

Parents who are looking for support with a specific parenting concern. An example could be: toddler bath time.

Who is it *not* for?

Parents who are recognizing that past or current stress, anxiety, or relationship issues are affecting their parenting. Please contact 1Up's counsellor, Lesley McNeely.

Common Coaching Topics:

Communication, confidence, resilience, motivation, self-awareness, habits, beliefs and attitudes, time management, behaviours, transitions, life balance, and meaning and purpose.

Referral and Eligibility

To access the Parent Coaching at 1Up an individual must be a member of 1Up Single Parent Resource Centre. Membership is free and information can be found our website.

To contact Laura Hutcheson, Certified Parent Coach, please text or email her at:
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250-882-9969