

Childcare and Parenting

Being a parent is one of the most important and complex experiences in life. Do you question whether you are doing the right things? Do you occasionally feel overwhelmed? With helpful tools, support, and guidance, you can be the great parent you want to be.



Be the best parent you can be!

- **Looking for support?** We can help inform and guide you.
- **Blending families?** We can assist you in creating a harmonious family structure.
- **Nurturing a child with special needs or gifts?**
We can support you with finding services and resources, as well as helping you implement action plans to meet the needs of your child.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to be the best parent you can be. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.

3. We'll be in touch with you while you're using the materials, offering guidance and support to help you navigate parenting challenges and build confidence along the way.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).



Life Smart Coaching can help you change your life — and your child's.

Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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