

Build skills at home. Practice them in the community. Carry them into everyday life.

Personalized coaching for teens and young adults who need practical support turning goals and provider recommendations into healthy habits, confidence, and meaningful action.

Where progress becomes practical	Support for the whole process
At home, coaching may focus on routines, organization, healthy habits, communication, and follow-through. In the community, clients practice engagement, decision-making, confidence, and independence through real experiences.	Each program centers the young person and includes essential parent support. Provider coordination is included only where stated and requires written consent.

Which program fits your next step?

FOCUSED START \$750 5-week focused coaching program A lower-commitment option for one or two clear goals, practical support, and real-life skill practice.	✓ Complimentary 20-minute family consultation ✓ Five weekly 60-minute coaching sessions ✓ Discovery and goal setting within the first session ✓ Home and community-based coaching ✓ Personalized plan with 1-2 priority goals ✓ One 20-minute virtual parent-support session ✓ Practical between-session action steps ✓ Final progress review and recommendations
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A STRONGER FOUNDATION

Foundations

Eight weeks to establish routines, strengthen healthy habits, and create manageable progress.

FOUNDATIONS

\$1,200

8-week home & community coaching program

A structured starting point for establishing routines, healthier habits, and manageable progress.

- ✓ Complimentary 20-minute family consultation
- ✓ Eight weekly 60-minute coaching sessions
- ✓ Discovery and goal setting within the first session
- ✓ Home and community-based coaching
- ✓ Personalized plan with 2-3 priority goals
- ✓ Two 20-minute parent-support sessions, virtual or in person
- ✓ Brief accountability between sessions
- ✓ Final review and written next steps

THE FLAGSHIP PROGRAM

Growth in Action

Twelve weeks to build, practice, adjust, and use new skills more consistently in everyday life.

GROWTH IN ACTION

\$1,800

plus a complimentary 60-minute discovery session

Our flagship 12-week program for deeper implementation, real-world practice, and sustainable progress.

- ✓ Complimentary 20-minute family consultation
- ✓ Free 60-minute discovery and planning session
- ✓ Twelve weekly 60–75 minute coaching sessions
- ✓ Home and community-based skill practice
- ✓ Four 20-minute parent-support sessions, virtual or in person
- ✓ Between-session accountability
- ✓ Midpoint and final progress reviews
- ✓ One provider-coordination conversation, with consent

ESSENTIAL PARENT SUPPORT

Supporting progress without taking over.

Basic parent support is included with every coaching program. Focused Start includes one virtual session; Foundations and Growth in Action include two and four sessions respectively, held virtually or in person. These brief sessions reinforce progress while keeping the young person's goals at the center.

WHAT COACHING CAN SUPPORT

Small steps that strengthen everyday life.

The focus is practical and individualized. Goals are shaped with the young person and may evolve as confidence, insight, and independence grow.

✓ Healthy routines and habit development	✓ Confidence and community engagement
✓ Organization and follow-through	✓ Communication and emotional regulation
✓ Transitions to work, college, or independence	✓ Using provider recommendations in daily life

A simple first step

01	02	03
Free intro call	Choose the program	Create the plan
Start with a complimentary 20-minute conversation about your family’s needs and questions.	Select the level of support that fits the young person’s goals and current needs.	Hannah and the young person identify priorities and begin taking manageable steps forward.

Let’s talk about what support could look like.

Request a complimentary 20-minute introductory call through our website.

Serving families across Greater Houston

Coaching is not therapy, medical care, or crisis care and is not billed to insurance. Program pricing includes travel within the standard service area. Additional travel and community-activity expenses are discussed before booking.