

Unique Families, Unique Supports

Family/Large Gatherings

Life Coaching supports for family planning

What if my loved one acts out?

Is the gathering place accessible?

Is there a quiet space/room?

What should I bring?

Is there a place to support personal care needs my loved one has?

What if I become stressed?

Are these questions you are having about that upcoming wedding/family reunion or other gathering? Do you feel stressed when you want to feel excited? Support is here for unique families with unique support needs.

What Barb supports you with as a Life Coach for families with unique support needs:

- ❖ *Two hours before the event plus a 20 minutes follow-up via phone*
- ❖ *Understand what your needs are based on the unique needs of your loved one*
- ❖ *Understand what may cause stress for you or your loved one and plan for it!*
- ❖ *Barb asks the question's so you don't need to remember to ask yourself*
- ❖ *A preparation worksheet customized to your loved ones needs as a resource when preparing for that exciting event!*
- ❖ *Cost \$150 (less than the cost of 2 coaching sessions!)*

Twin Life Coaching 
& BUSINESS SERVICES

www.twinlifecoaching.ca

If you would like more information on this unique support session or any other support needs, please **contact Barb Chapman**, Life Coach supporting families of those with unique support needs at **226-218-1451** or info@twinlifecoaching.ca