

# Amber Englund Counseling

## Parents/Kids/Postpartum Therapy & Family Support Navigation Consults



### Family Support Navigation

Are you waiting for services and don't know what to do in the meantime or have a new diagnosis and don't know how to navigate the system?

I offer a **90-minute consultation** to listen to your story and apply my years of working with these various systems to your family's context and needs. You may simply need a one-time consult or if needed can continue every few months until your family is connected to a team of providers.

Navigating the complex maze of child development services can be such a confusing experience.

Whether you are seeking assessment, already have diagnosis, or are somewhere in between waiting for either - understanding who, what, and where to connect can be a disorienting process.

If you need more than a 90 minute consultation, then I also offer **ongoing weekly therapy** for:

- Parents, as you balance your emotional needs with those present in your child and family
- Pregnant women and parents entering into parenthood developing your sense of self in this new identity
- Kids+Parents and individual kids who need support finding playful and creative ways to learn and express emotions in the various developmental transitions of life

**I'm here for you! Book a free 20 min call on my website to see if we're a good fit and we'll make a plan: [www.amberenglund.com](http://www.amberenglund.com)**