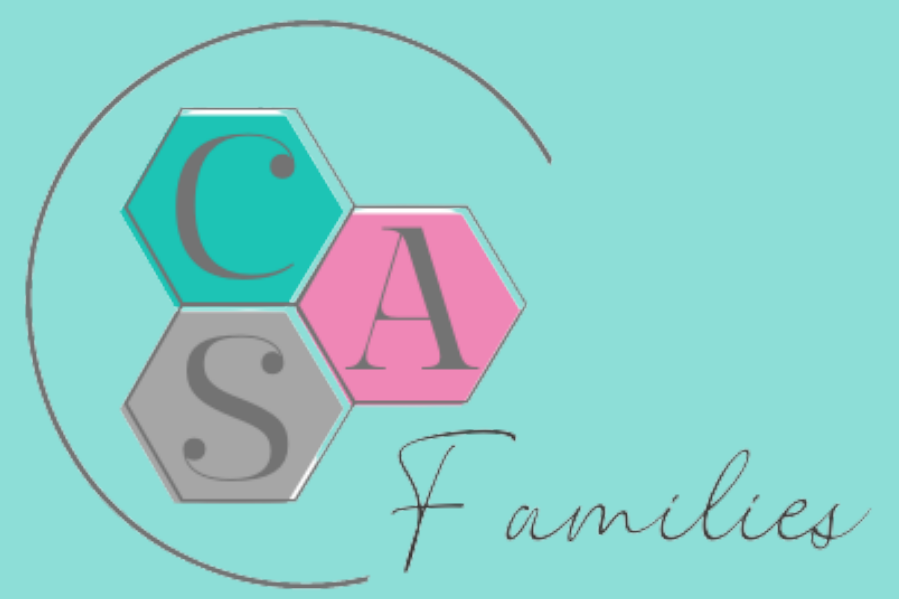


Parenting Support

SUPPORT PLANS & COURSES





Parenting Support

SUPPORT PLAN #1

**Initial Consult: 60
minute online call / in
person consult
discussing current
challenges and goals.**

**45-60 minute follow up
online call / in person
consult discussing what's
working and what
doesn't.**

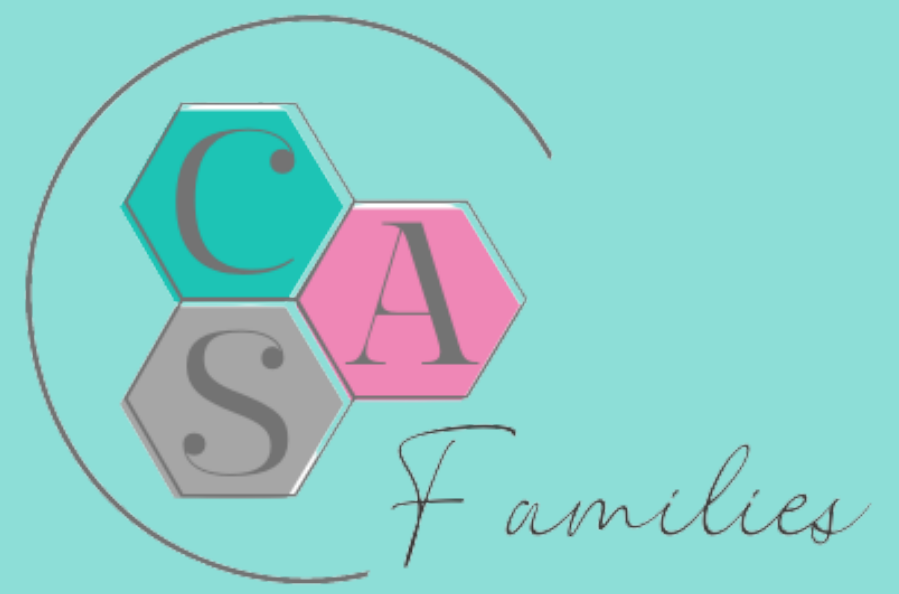
**Additional Parenting
Resources specific to
your family's needs.**

**Up to 4 weeks Email /
WhatsApp Support as
needed.**

R5490
[Save R3150]

Book Your Support Plan
www.casfamilies.co.za





Parenting Support

SUPPORT PLAN #2

**Initial Consult: 60
minute online call / in
person consult
discussing current
challenges and goals.**

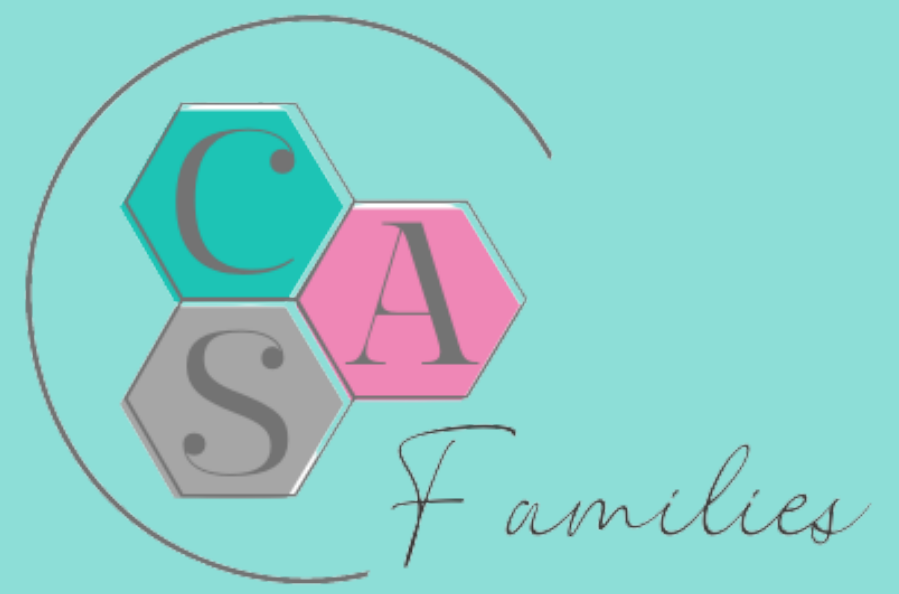
**Additional Parenting
Resources specific to
your family's needs.**

**Up to 2 weeks Email /
WhatsApp Support as
needed.**

R3490
[Save R900]

Book Your Support Plan
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Parenting Support

SUPPORT PLAN #3

Home Visit: 3 hour home visit discussing current challenges and goals, applying solutions practically

Additional Parenting Resources specific to your family's needs.

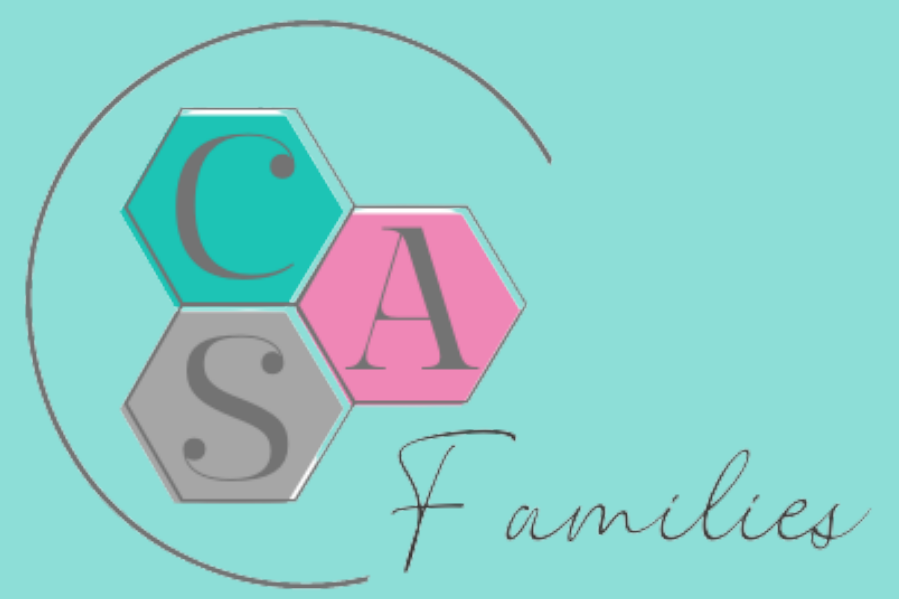
Ideal for parents who are struggling to implement solutions in the home without professional hands-on assistance and want practical assistance with "in the moment" solutions.

**Only optional after the initial consult.
Limited to Cape Town Region.**

R2890

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Parenting Support

QUICK PLAN CONSULT

**Initial Consult: 60 minute
online call / in person
consult discussing current
challenges and goals,
reviewing background
information, answer
questions, provide some
solutions.**

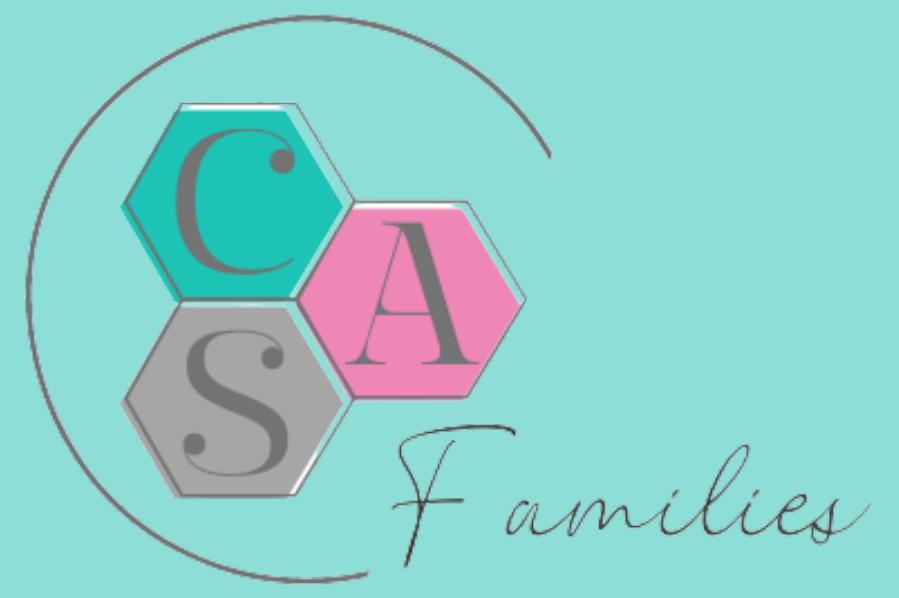
Ideal for:

- **Parents looking to learn about positive and conscious parenting.**
- **Families wanting to make small changes to challenges and need alternative suggestions for small problems in the home.**
- **Parents who feel they need to talk through some of their challenges.**

R720

Book Your Support Session
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Parenting Support

QUICK PLAN EMAIL/WHATSAPP SUPPORT

2-3 emails / WhatsApp messages answering up to 5-10 questions, discuss current challenges and goals, review background information, provide some solutions.

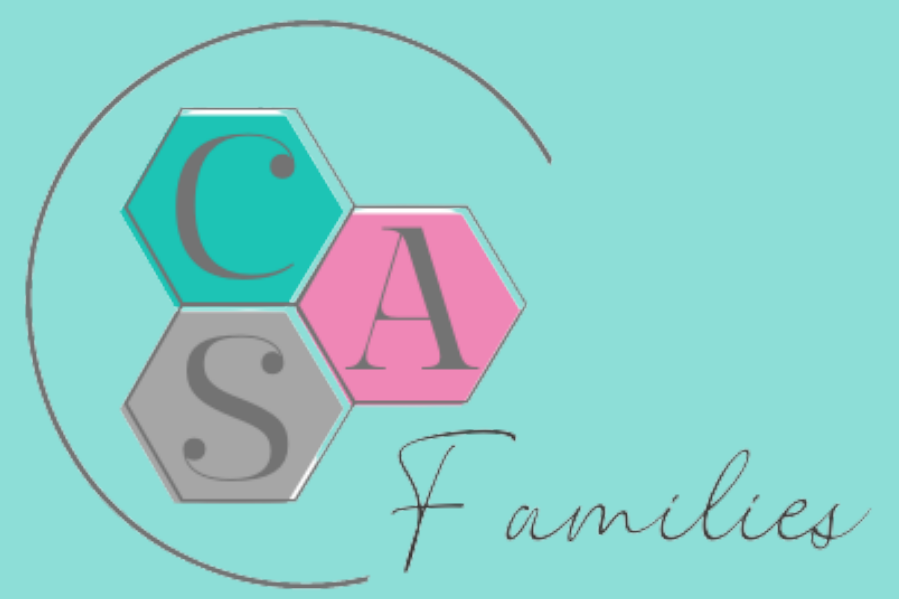
Ideal for:

- **Parents looking to learn about positive and conscious parenting.**
- **Parents needing quick questions answered**
- **Families wanting to make small changes to challenges and need alternative suggestions for small problems in the home.**
- **Parents who have some questions around some of the challenges they have at home.**

R720

Book Your Support Plan
www.casfamilies.co.za





Parenting Support

SHORT COURSES SELF-HELP

Information videos and audio courses, documents, guides and printables.

Ideal for:

- Parents looking to learn more about positive and conscious parenting.
- Families who have a specific challenge they want to address.
- Families wanting to make small changes to challenges and feel they can make those changes through self-learning.
- Parents who have the time and discipline to work through the short course.
- Parents wanting to learn at their own pace.

R450

per course

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www.casfamilies.co.za

