

Unlock your Parenting Potential with Spring Health

Parenting isn't easy, but with a Spring Health Parent Coach, you can set goals and build a plan to improve your parenting skills.

Learn new parenting skills and lower your stress

I want to:

- "Feel less alone as a single parent"
- "Help my child learn new skills to make friends at school"
- "Regain trust with my teen"
- "Help my child excel in school"
- "Have more control over my reactions and emotions"
- "Learn to effectively co-parent"
- "Create a deeper connection with my children"

A Spring Health Parent Coach is an empathetic and trusted accountability partner

Each coach:

- is professionally certified
- has at least 100 hours of post-training coaching experience

Spring Health members can see a Parent Coach within two to three days. Our coaches have weekend, evening, and daytime availability.



Activate your account

aleragroup.springhealth.com

Contact Spring Health

1-855-629-0554

Monday-Friday, 8:00am-11:00pm ET



Connect with a Spring Health Parent Coach and unlock your parenting skills