

Parenting Support at Grow

What is parenting support?

Through practical guidance, emotional support, and evidence-informed strategies, our Parent Support Worker, Jess, aims to empower parents with the tools and confidence they need to create a positive, nurturing environment where their whole family can grow and thrive. Jess wants parents to leave their sessions feeling more equipped and confident as a parent, with a deeper understanding of their unique child and how to support them.

Families may seek parenting support when they want help with everyday parenting challenges and understanding behaviour and emotions, without needing formal psychological assessment or therapy.

Who is parenting support for?

This service is specifically for parents and carers. Jess commonly supports parents with topics such as childhood anxiety, children's anger and aggression, separation anxiety, big emotions, responding to challenging behaviour and more.

What can parents expect?

Starting with an Initial 60 minute Session, parents will meet with our Parent Support Worker Jess in the Grow Hub or via telehealth if preferred. Some parents may need just one session to get them back on track, whereas others may require more. Parents can expect to be welcomed into a warm, non-judgemental space where they can feel heard and supported, wherever they're at.

The sessions often focus on making sense of the parents' unique child from a nervous system and attachment-based lens. From there, Jess provides psychoeducation and explores practical approaches that can support the family sitting in front of her.



We're here to help!

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- ✉ parentsupport@growhealththerapy.com.au
- 📍 [1052 Nepean Highway, Mornington VIC 3931](#)

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Approach and credentials

This service provided in these sessions is evidence-based and grounded in attachment theory, neuroscience, and an understanding of the nervous system and sensory processing. Jess has a Bachelor of Applied Social Science and has completed various other trainings that informs her work with parents. Jess is also a mum to two young children so she truly understands the complexities of parenting – the immense joy, the heartbreaking challenges and everything in between.

Referral process

To book a Parent Support session you can refer families to the Grow Health and Therapy Hub website to book online or they can contact the friendly team at our hub directly for appointment support. An initial session costs \$182.18. We accept NDIS funding and private paying families.

Outcomes may include...

- Improved parent confidence
- Improved mental health for parents and children
- Better parent-child relationships
- Reduced stress, conflict and overwhelm within the family
- Improved understanding of children's behaviour and emotional needs
- Earlier support that helps prevent challenges from escalating
- More consistent, effective and nurturing parenting responses
- Improved emotional regulation for the whole family
- Improved co-regulation skills for parents
- Families feeling heard, supported, and less isolated

Hi, I'm Jess!



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