



The Art of Ascending
ELEVATING LIFESTYLES

BCARE™ 12-WEEK PARENT SUPPORT PROGRAM

Structured. Empowering. Transformative.

A 12-week parent coaching and family systems intervention designed to strengthen caregivers, improve family dynamics, and create lasting behavioral change.



Stronger Parents.
Stronger Families.
Stronger Futures.

CONNECTION

CONSISTENCY

COMMUNICATION

GROWTH

STRUCTURED SUPPORT. SUSTAINABLE FAMILY CHANGE.

PROGRAM OVERVIEW

The BCARE™ Ascension Method is a structured, evidence-informed coaching program that helps caregivers build the skills, mindset, and systems needed to support their child's growth while creating a healthier, more stable home environment.

CORE OUTCOMES

- Improved communication and alignment
- Reduced conflict and emotional reactivity
- Stronger parenting skills and confidence
- Increased consistency and healthy boundaries
- Better treatment carryover and youth outcomes

WHO IT'S FOR

Parents, caregivers, co-parents, and families seeking support with:

- ✓ Chronic conflict or communication breakdowns
- ✓ Inconsistent parenting approaches
- ✓ Behavioral challenges and emotional dysregulation
- ✓ Co-parenting difficulties
- ✓ Parent-child relational strain

PROGRAM STRUCTURE

12 WEEKS | WEEKLY SESSIONS | 60 MINUTES

- 1** WEEK 1
Orientation, Buy-In & Baseline Assessment
- 2** WEEK 2
Understanding Boundaries
- 3** WEEK 3
Implementing Boundaries
- 4** WEEK 4
Building Safe Connection
- 5** WEEK 5
Communication & Relational Safety
- 6** WEEK 6
Triggers & Emotional Inheritance
- 7** WEEK 7
Parenting From Intention vs Reactivity
- 8** WEEK 8
Respecting Yourself as the Parent
- 9** WEEK 9
Teaching Respect Through Modeling
- 10** WEEK 10
Nervous System Regulation for Parents
- 11** WEEK 11
Conflict De-Escalation
- 12** WEEK 12
Review, Sustainment & Transition Planning



Individual or Co-Parent Sessions
Virtual or In-Person

PROGRAM HIGHLIGHTS

- ✓ Evidence-informed coaching
- ✓ Practical tools and real-life strategies
- ✓ Individual or co-parent sessions
- ✓ Focused on long-term, sustainable change
- ✓ Collaborative, strengths-based approach
- ✓ Aligned with treatment and support services

PROGRAM DETAILS

- DURATION**
12 Weeks
- FREQUENCY**
Weekly | 60 Minutes
- FORMAT**
Virtual or In-Person
- PARTICIPANTS**
Parents, Caregivers, Co-Parents, and Families

IDEAL FOR FAMILIES EXPERIENCING

- High conflict or co-parenting challenges
- Behavioral and emotional challenges
- Family communication breakdowns
- Inconsistent structure and routines
- Challenges implementing strategies at home



OUR PROMISE

We don't just teach skills—we work with you to build a foundation for change that lasts. Stronger parents create stronger families, and stronger families create brighter futures.

YOU DON'T HAVE TO
DO THIS ALONE.

We're here to help.



Courtney Gardner-Prince
Founder | Parent Coach | Behavioral Health Professional



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