

What is Parent Guidance?



Parenting can be tough. Cartwheel is here to help.

Parenting is challenging, and can become even harder if our children are struggling in any way. Cartwheel offers parents and caregivers the opportunity to engage in Parent Guidance sessions with a compassionate, licensed expert who can offer personalized advice, tools, and resources to help both you and your child thrive.

- ✓ Designed for parents and caregivers of PreK-12th graders
- ✓ Monday-Friday, 8am-8pm; Saturday 8am-5pm
- ✓ Multiple languages
- ✓ 30-minute virtual sessions for 2-6 months on average, usually weekly or every other week
- ✓ We are a medical practice that bills your insurance. Families with Medicaid or no insurance have \$0 out-of-pocket costs.

Next steps:

- 1 With your consent, **school staff will refer** you to Cartwheel for Parent Guidance.
- 2 Look out for a **text message from Cartwheel** (617-272-7439) with a “Get Started” link to provide availability and insurance details in our Welcome portal.
- 3 We provide you with a **cost estimate** and work together to **schedule your first session**.
- 4 Please **complete all intake forms** before the first session.
- 5 **Your first session will be 1 hour and your child must also join.** Subsequent 30-minute sessions are designed especially for you.



Questions?

Visit www.carewheel.org/families to learn more and request a referral. After you've been referred - you can email office@cartwheelcare.org or call/text us at (617) 272-7439.



Learn more:

www.cartwheel.org/families

Frequently Asked Questions

What are common concerns addressed during Parent Guidance?

- Anxiety, depression, or other diagnoses
- School avoidance
- Emotional/behavioral challenges
- Parent-child relationship
- Family stress
- And more

What does Parent Guidance cost?

- Covered by most insurance plans
- Standard co-pays and deductibles apply
- Out-of-plan options available
- Families with Medicaid or no insurance have \$0 out-of-pocket costs
- We will provide a cost estimate so you know what costs to expect

Is Parent Guidance the same as Individual Therapy?

No, they're different. In Individual Therapy, students can get direct support and build coping skills. Parent Guidance is exclusively for parents/caregivers, focusing on current parenting challenges and offering practical ways to support and connect with your child.

For grades PreK-2, we focus solely on Parent Guidance, as virtual therapy can be challenging for this age group. Empowering parents with the right tools often benefits the whole family.

For older students, Parent Guidance is also valuable if they're not ready for individual therapy. It offers immediate support and may help pave the way for successful therapy in the future.

Can my child also be referred for Individual Therapy?

Yes. Students in grade 3 and above can be referred for Individual Therapy at Cartwheel, either when referred for Parent Guidance or at any time during the school year. If you and your child receive services simultaneously, you may meet with the same or different clinicians based on your preferences and situation. If your child is seeing a therapist outside Cartwheel, you are still eligible for Parent Guidance here.

We are a two-household family. Can both households receive Parent Guidance support?

Yes, we are able to work with two-family households barring any restrictions based on the family's situation. Our team will work closely with you and the other caregiver to arrange the best way to handle meetings based on your family's situation and preferences.

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