

Parent Navigation Coach Program

Supporting Parents and Caregivers on Their Journey

You don't have to navigate parenting challenges alone. The Parent Navigation Coach Program at Jewish Family Service offers personalized guidance, emotional support, and practical tools to help you and your family thrive. Our Parent Navigation Coach partners with parents and caregivers to strengthen communication, reduce stress, and connect you with community resources tailored to your family's unique needs.

How We Can Help

- Personalized one-on-one coaching and goal setting
- Support for parenting stress, family transitions, and communication challenges
- Connection to local mental health, education, and community resources
- Guidance for navigating school systems, healthcare, and social services
- Trauma-informed, culturally responsive support

Our Approach

Our work is rooted in compassion, respect, and partnership. We listen, support, and empower families to take the next steps with confidence – always honoring your values, experiences, and goals.

Who We Serve

Parents and caregivers in our community who are raising children or teens, supporting youth and young adults through transitions, or seeking guidance to strengthen family relationships.

Get Connected

Contact Becky Goldman, Parent Navigation Coach at rgoldman@jfsseattle.org or call **(206) 726-3604**

