

Kristina Nation



**Parent Coach for
Parents of teens
struggling with
Depression**

Timeline

- **2017** - Certified as a Positive Discipline Parent Educator
- **2017** - Started facilitating PD Parenting Classes
- **2020** - Founded Empowered Parenting, LLC
- **2023** - Created the GRACE Parenting Program
- **2024** - Co-Authored "Against All Odds" with Lisa Nicols
- **2024** - Published book, "The Power of Everyday Grace: Empowering Parents to Support their Teen's Journey Through Depression"

What do people say about Kristina?

"Kristina has an incredible ability to connect with her audience, delivering practical and insightful advice with warmth and compassion". -Joanne

"Kristina's passion for empowering parents and guiding them through supporting their struggling teens is truly commendable". -Casey

Hire Kristina to speak today! It's insightful, empowering and full of grace!

Topics

Connect with Your Teen- How to build, grow and nurture connection with your teen.

Self-Regulate, Co-Regulate and Teach Emotion-Regulation - How to self-regulate, co-regulate and teach your teen emotion regulation.

Effectively Problem-Solve- How focus on solutions and effectively problem-solve with your teen.

Navigating Risky Behaviors- How to navigate risky behaviors, such as: school refusal, vaping, alcohol, marijuana and self-harm.

Advocate for Your Teen- How to advocate for your teen in school and the mental health system.

Kick Your Teen's Depression to the Curb - How to connect with, support and advocate for your teen struggling with Depression.



Book Kristina Today

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