JLU COACHING

ParentZen Circle



A Monthly Meetup for Parents of Children with Special Needs

Parenting a child with special needs can be deeply meaningful—and at times, isolating and complex. Many parents find themselves carrying questions, decisions, and emotions that don't always have an easy place to land.

This monthly group offers a space to pause, connect, and be supported alongside other parents who understand. Each session blends thoughtful guidance with open conversation—creating both structure and room for shared experience.

What This Group Offers

For parents seeking connection, perspective, and practical support as they navigate the unique journey of raising a child with special needs.

- A small circle of parents navigating similar situations
- A balance of guided content and open discussion
- Practical tools, frameworks, and perspective
- Space for honest sharing, reflection, and connection
- A sense of community and belonging
- Encouragement and support

How It Works

- One 60-minute Zoom session each month
- Small group format designed for meaningful conversation and connection
- First Wednesday of every month
- 12:00 PM Pacific / 3:00 PM Eastern
- $500 for sessions September through June

The Group

Parents of Elementary & Middle School Students

Designed for parents navigating the elementary and middle school years—a season that often brings questions about learning, behavior, friendships, emotional well-being, school partnerships, and increasing independence.

Together we'll explore practical parenting strategies while creating space for honest conversation, shared wisdom, and meaningful support from others who understand the journey.

About Me

I am a parent educator and ICF-certified parenting coach, and the founder of ParentZen. I'm also the parent to three young adults and happen to be a special needs parent myself. I bring together practical coaching frameworks, lived experience, and a deep appreciation for both the joys and the complexities of this journey.

Getting Started

Please reach out to Jennifer at jennifer@jlucoaching.com to learn more. She's happy to have a conversation, answer any questions, and help you decide whether the group feels like the right fit for you.