



Helping Your Family Thrive at Home and at Work

Whether it's parenting your children or managing your workload at the office, everybody needs a little help sometimes. If you're also managing the complexities of neurodivergence whether in your child or yourself, it can feel overwhelming. RethinkCare provides holistic support for your professional, parenting and personal wellbeing needs. Enroll today and get the support you need to be your best self at home and at work.

RethinkCare is provided at no cost to you.

With RethinkCare you have access to evidence-based training and expert consultation to support your success at home and at work.



Support at Home

Parental Success support provides expert-led training courses and articles to support your child's socialization, executive function development, Social & Emotional learning, academics. You also have access to 1:1 consultations with a dedicated Parenting Expert specialized in working across a broad spectrum of needs.



Support at Work

Professional Resilience support provides evidence-based online training courses on professional development, emotional intelligence, managing stress, and fostering environments to support neurodivergent and neurotypical team members.



Support for Anywhere

Personal Wellbeing support provides daily sessions and mini-courses to help improve your mental, emotional and physical wellbeing.



Enroll in RethinkCare Today!

Questions?

Reach out to support@rethinkcare.com.