



Family Programs for Real Life

Evidence-informed education and practical strategies for children, teens, adults, couples, and families navigating real-life challenges.



FULL COURSES • FAMILY RESOURCE MEMBERSHIP • PRACTICAL TOOLS

A photograph showing the backs of four people sitting on a beach, looking out at the ocean during sunset. The people are huddled together, and the warm light of the setting sun is visible in the background.

Practical tools. Stronger connections. Brighter futures.

ADHD & EXECUTIVE FUNCTION

Chaos to Consistency™ - Parent/Adult



A comprehensive step-by-step program for understanding ADHD and executive functioning, reducing daily power struggles, and building practical systems that support consistency.

WHAT YOU'LL BUILD

- Understand ADHD and executive-function patterns
- Build regulation and planning systems
- Reduce conflict around routines and follow-through
- Strengthen independence and confidence

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

BEST FOR

Families or individuals who want a complete, structured learning pathway - not just isolated worksheets.

[Explore this program at Ethos Shoreline Education](#)

ADHD & EXECUTIVE FUNCTION

Chaos to Consistency™ - Teen/Kid

**\$497**

A developmentally adapted pathway that helps children and teens understand how their brain works while practicing organization, time management, emotional regulation, and follow-through.

WHAT YOU'LL BUILD

- Learn practical executive-function skills
- Build organization and time awareness
- Practice regulation and flexible problem-solving
- Increase confidence and independence

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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WHOLE-FAMILY ADHD SUPPORT

Chaos to Consistency™ - Family



The whole-family version of Chaos to Consistency™ combines shared language, parent strategies, youth skills, routines, and family systems so change happens together.

WHAT YOU'LL BUILD

- Shared family language and tools
- Parent and youth skill-building
- Family routines and expectations
- Connection, repair, and follow-through

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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AUTISM & EXECUTIVE FUNCTION

Chaos to Consistency™ - Autism Ages 7-11 / 12-17

**\$497**

An autism-responsive adaptation of the CTC framework focused on predictability, regulation, executive-function support, communication, and developmentally appropriate independence.

WHAT YOU'LL BUILD

- Predictable visual systems
- Regulation and transition support
- Executive-function scaffolding
- Strength-based independence

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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AUTISM & EXECUTIVE FUNCTION

Chaos to Consistency™ - Autism Adult

**\$497**

An adult-focused structured program for creating sustainable systems around planning, organization, transitions, regulation, and daily responsibilities.

WHAT YOU'LL BUILD

- Understand personal executive-function patterns
- Build external systems that reduce overload
- Plan transitions and responsibilities
- Develop sustainable follow-through

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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SCHOOL AVOIDANCE & RE-ENTRY

Finding Our Way Back™

**\$597**

A structured family-centered program for school avoidance that helps families understand the avoidance cycle and build a gradual, regulated path back toward school participation.

WHAT YOU'LL BUILD

- Understand the school-avoidance cycle
- Build a re-entry ladder and brave steps
- Create morning regulation and parent-response plans
- Strengthen family-school consistency

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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IDENTITY & BELONGING

Finding My Place™



A guided program helping participants explore identity, belonging, voice, strengths, and the roles they carry in relationships and family life.

WHAT YOU'LL BUILD

- Explore identity and belonging
- Recognize strengths and values
- Develop healthy voice and boundaries
- Build a stronger sense of place

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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FAMILY SYSTEMS

Finding Our Place™

**\$697**

A whole-family pathway built around seeing patterns, understanding roles, repositioning unhealthy dynamics, reconnecting, repairing, and strengthening belonging.

WHAT YOU'LL BUILD

- See family patterns more clearly
- Clarify roles and responsibilities
- Practice connection and repair
- Build a healthier family system

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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GRIEF & LIFE TRANSITION

My Place After Loss™

**\$497**

A structured grief education program supporting meaning-making, emotional processing, continuing connection, identity, and rebuilding life after loss.

WHAT YOU'LL BUILD

- Understand grief responses
- Honor connection and memory
- Explore identity after loss
- Build routines for moving forward

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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MARRIAGE & RELATIONSHIPS

Comprehensive Marriage Track

**\$697**

A complete relationship pathway addressing conflict, communication, friendship, repair, trust, intimacy, and the patterns that shape a couple's connection.

WHAT YOU'LL BUILD

- Understand conflict patterns
- Strengthen friendship and communication
- Practice repair and accountability
- Rebuild trust and connection

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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PARENTING EDUCATION

Parenting & Family Connection

**\$297**

A practical parenting program focused on connection, clear expectations, co-regulation, reinforcement, boundaries, and family consistency.

WHAT YOU'LL BUILD

- Use clear, effective requests
- Strengthen parent regulation
- Build reinforcement and follow-through
- Reduce unnecessary power struggles

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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EMOTIONAL WELLNESS

Anxiety Management

**\$297**

A structured psychoeducational program for understanding anxiety, recognizing avoidance cycles, practicing regulation, and building gradual brave action.

WHAT YOU'LL BUILD

- Understand anxiety and avoidance
- Practice regulation strategies
- Build coping and flexible thinking
- Create gradual brave-step plans

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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EMOTIONAL WELLNESS

Depression Management

**\$397**

An educational skill-building pathway focused on understanding the depression cycle, behavioral activation, routines, connection, support, and maintaining progress.

WHAT YOU'LL BUILD

- Understand the depression cycle
- Build activation and routine
- Strengthen support and connection
- Create a maintenance plan

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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POSTPARTUM & FAMILY WELLNESS

Postpartum Depression Support Education



Educational support for understanding postpartum mood changes, strengthening support systems, reducing isolation, and identifying when additional professional care is needed.

WHAT YOU'LL BUILD

- Understand postpartum emotional changes
- Strengthen practical support
- Build restorative routines
- Know when to seek additional care

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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SELF-WORTH & FAMILY-OF-ORIGIN

Finding My Worth™

**\$397**

A 12-session educational pathway for adults whose self-worth has been shaped by perfectionism, childhood expectations, approval-seeking, or rigid family roles.

WHAT YOU'LL BUILD

- Identify inherited expectations
- Separate worth from performance
- Build self-compassion and boundaries
- Develop values-based identity

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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ATTACHMENT & CONNECTION

Childhood Abandonment Recovery Education

**\$397**

A structured teen/adult educational pathway for understanding abandonment-related patterns and developing healthier responses, boundaries, connection, and self-support.

WHAT YOU'LL BUILD

- Recognize abandonment triggers
- Understand protective patterns
- Practice grounding and healthy boundaries
- Build secure connection skills

PROGRAM INCLUDES

- Guided lessons
- Participant workbook
- Practical exercises
- Family-ready tools
- Progress/reflection prompts

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ONGOING FAMILY SUPPORT

Family Resource Membership



A practical, ongoing membership for families who want reusable tools, monthly practice themes, and support applying skills to everyday routines.

RESOURCE MEMBERSHIP**\$29/month****\$290/year**

- Permanent 8-category library
- New Monthly Practice Kit
- Printable scripts, trackers & worksheets
- New resources added regularly

SUPPORTED FAMILY**\$49/month****\$490/year**

- Everything in Resource Membership
- Twice-monthly educational Q&A/support
- Implementation troubleshooting
- Member community/access features

Inside the Family Resource Library

Permanent tools you can return to anytime - plus a new focused Practice Kit each month.



Regulation

Activation, co-regulation, parent pause, reset & return



Executive Function

Task breakdown, memory offload, time, follow-through



Routines

Morning, after-school, bedtime, transitions



Organization

Launch pads, room reset, backpack systems



Homework & Learning

Initiation, body doubling, assignment breakdown



Family Communication

Clear requests, listening, repair, meetings



Parent Tools

Prompting, praise, boundaries, fading support



Progress & Reset

Consistency tracking, monthly review, 90-day reset

Monthly Practice Kits

One focused family theme each month with worksheets, scripts, age adaptations, and a four-week implementation plan.

- Month 1: Regulate Together
- Month 2: Calmer Mornings
- Month 3: Start Homework with Support
- Month 4: Screen-Time Transitions
- Month 5: Responsibility & Reinforcement
- Month 6: Organize for Success
- Month 7: Make Time Visible
- Month 8: Flexible Plan B Thinking
- Month 9: Predictable Bedtime
- Month 10: Listen, Connect & Repair
- Month 11: Share the Family Load
- Month 12: Keep What Works & Reset

WHEN EDUCATION ISN'T ENOUGH

Counseling Services

Ethos Shoreline Counseling provides individualized psychotherapy for people seeking clinical support beyond self-guided educational courses and resources.

Who We Support

- Children and teens navigating emotional, behavioral, and family challenges
- Adults experiencing anxiety, trauma-related concerns, and life transitions
- Couples seeking healthier communication, connection, and conflict resolution
- Families working through relational stress, ADHD-related challenges, and change

How to Request Counseling or Make a Referral

For counseling inquiries or professional referrals, contact Ethos Shoreline Counseling directly. An initial consultation or screening can help determine whether services are appropriate and available.

EMAIL

joepollockjr@ethosshoreline.com

BUSINESS PHONE

(909) 279-3608

Ethos Shoreline Education and Ethos Shoreline Counseling are separate services. Purchasing an educational course or membership does not establish a therapist-client relationship, guarantee clinical availability, or provide crisis care.

For immediate danger, call 911. For mental health crisis support in the United States, call or text 988. Please do not send sensitive clinical details by ordinary email unless a secure communication method has been arranged.