

Welcome Message from Founder

Hello and welcome from the beautiful mountains of Colorado. I am Shannon Rios, Founder of Strategies for Healthy Families, Licensed Marriage and Family Therapist, Life Coach and I was a child of divorce and conflict.

I thank you for visiting our site. The goal of our site is to provide you the resources to create the healthiest family possible. While you are here you can access free resources, you can download or order my highly acclaimed book “The 7 Fatal Mistakes Divorced and Separated Parents Make: Strategies for Raising Healthy Children of Divorce and Conflict”. You can also become a subscribing member which will allow you access to our divorce forum to talk to other parents and ask questions, you can also attend teleclasses facilitated by me and much much more.

While you are here today you can also schedule a parent coaching or a life coaching session with me to assist you with specific issues related to your family. I believe that parenting is the most important job you will ever have and that is why the resources on this site are priceless. Because they will provide you the resources to do this job successfully.

We are here to partner with you in this journey. I thank you for being here and so does your child. From my heart, I wish you blessings, peace and love.