

# iThrive Kids Online

A Six-Week Emotion Regulation and Resilience Program  
for 4<sup>th</sup> - 5<sup>th</sup> Graders and Their Parents

## Children's Skills Group Content

1. Tools for Managing Emotional Intensity
2. Learning about the Brain and the Cognitive Triangle
3. Talking Comfortably about Uncomfortable Emotions
4. Thinking Traps and How to Break Free
5. Staying Positive and Practicing Mindful Awareness



## Individual Parent Coaching Content

(Parents meet individually with Dr. Leah Altemeier during the program.)

1. Managing Your Own Reactions to Your Child
2. Helping Your Child Practice Their Coping Tools
3. Eliciting Cooperation and Reducing Problem Behaviors
4. Encouraging Positive, Open Communication with Your Child
5. Promoting Your Child's Independence and Responsibility

**We are enrolling for 2021 groups**

**\$75 per session for children's online group**

**\$175 per 60-minute session for individual (online) parent coaching**

*This six-week program includes two components: a children's group and individual parent meetings. The group curriculum includes child-friendly psychoeducation and practice, as well as motivational tools to encourage acquisition and practice of skills. Content is derived from cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT) and positive psychology. Individual parent sessions occur weekly at a mutually convenient time.*

**The Children's Skills Group is held Thursdays, 6:30-7:45 pm**

**[Click here](#) to be placed on an interest list.**

For enrollment information, contact Leah Altemeier, Ph.D.  
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