

iThrive Kids

A Six-Week Emotion Regulation and Resilience Program
for 4th-5th 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

[Click here](#) to be placed on an interest list.
You will be notified when we are forming groups.

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 Wednesdays, 6:30-7:45 pm

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