

iThrive Kids Spring 2024

An 8-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 Changing Self-Talk
3. Talking Comfortably about Uncomfortable Emotions
4. Assertiveness and Peaceful Conflict Resolution
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 Spring 2024 groups!

\$90 per session for children's group

\$180 per 60-minute session for individual (online) parent coaching

This eight-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 Groups are held Thursdays, 5:30-7:00 pm beginning March 28th at 1818 Westlake Ave N. Suite 310. Click [here](#) to learn more or email Dr. Altemeier at leah@leahaltemeier.com.