

iThrive Kids

An 8-Week Emotion Regulation and Resilience Program
for 4th - 5th Graders and Their Parents

Children's Skills Group Content

1. Using Mindful Awareness
2. Identifying and Articulating Emotions
3. Tools for Managing Emotional Intensity
4. Assertiveness and Conflict Resolution Skills
5. Noticing and Working with Self-Talk



Individual Parent Coaching Content

(Parents meet individually with Dr. Altemeier via Zoom on a weekly basis.)

1. Managing Your Own Reactions to Your Child
2. Tools for Positive Communication and Productive Conversations
3. Helping Your Child Practice Their Skills
4. Eliciting Cooperation and Reducing Problem Behaviors
5. Promoting Independence and Responsibility

Accepting applicants for Spring 2025 groups!

\$100 per session for (in-person) children's group

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

For more information, contact Dr. Altemeier at
leah@leahaltemeier.com.

The children's group curriculum includes child-friendly psychoeducation, skill instruction and practice, as well as motivational tools to encourage home practice of skills. Content draws from cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT). Individual parent coaching sessions teach complementary skills to improve communication and coping, address challenging behaviors and emotions, and strengthen the parent-child relationship. Parent sessions occur online weekly at a mutually convenient time.