



Resourceful Parents. Resilient Children. Ready Families.

The Thrive Initiative is a suite of evidence-informed parenting programs designed to empower parents and caregivers as they nurture children from birth until 18 years of age.

Universal Parenting Programs

Four universal parenting programs are available in **online formats** and can be accessed at **no cost** to families.



Take Root

Ages 0-3 years

Take Root supports parents and caregivers from birth through the first 3 years of their child's life.



Sprout

Ages 3-5 years

Sprout assists parents and caregivers as they foster their preschool child's development and resiliency.



Grow

Ages 5-10 years

Grow teaches positive parenting techniques, stress management strategies, and health promotion skills.



Branch Out

Ages 10-18 years

Branch Out supports parents and caregivers as their child transitions from childhood to adulthood.

Supplemental Modules

Build on information and strategies in the universal parenting programs with supplemental modules that identify specific topics that may be beneficial to meet your family goals.

-  **Adolescent Mental Health**
Parenting to Wellness
-  **Adoption**
Creating your Family
-  **Anger Management**
Family Conflict: Mindfully Creating Positivity
-  **Coparenting**
Coordinated. Cooperative. United.
-  **Divorce**
Parenting Through Differences
-  **Exceptional Families**
Embracing Differences. Flourishing Together.
-  **Father Forward**
Present. Engaged. Supportive.
-  **Grandfamilies**
PROSPERing with 10- to 14- Year Olds
-  **Harmful Behaviors**
Recognize. Respond. Repair.
-  **Healthy Communication**
The Art of Connecting
-  **Neurodiversity and Autism**
The Journey with Your Child
-  **Parental Absence**
Parenting Through Family Separation
-  **Raising Siblings**
Fostering Positive Relationships
-  **Stepfamilies**
Blending Bonds, Building Harmony



Visit the Thrive website to start learning!

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