ROWI® KIDS

The ROWI KIDS full-day program is designed to support children ages 8-12 with robust therapeutic support in a lively, vibrant, and compassionate environment.



Our personalized approach is designed to address your child's specific needs and includes:

- **Individual therapy**
- **Family therapy**
- **Weekly psychiatric sessions/medication management**
- **On-site school environment with educational liaisons**
- **Weekly Parent Support Groups**
- **Evidence-based therapeutic groups with an integrated structure utilizing:**
  - Cognitive Behavioral Therapy (CBT)
  - Dialectical Behavioral Therapy (DBT)
  - Speech & Occupational Therapy
  - UCLA PEERS® Social Skills Programming
  - Executive Functioning Curriculum

FULL DAY: Partial Hospitalization Program (PHP)

5 days a week/6 hours of on-site clinical programming

Average length of participation is 25-40 treatment days

Our program begins at 8:00 a.m. and ends at 2:30 p.m., Monday through Friday.

WE TREAT:

- Struggles with emotional regulation
- Impulsivity
- School avoidance
- Distress tolerance
- Depression
- Anxiety Disorders
- Gender Identity Issues
- Suicidal Ideation
- Self-Harm
- ADHD
- Autism Spectrum Disorders (ASD)
- Bullying

We are dedicated to fostering an environment where every individual is valued and supported. Please let us know how we can help.

ROWI®
TEEN & PARENT WELLNESS CENTERS

Sample Full Day Schedule:

Schedule and holistic therapy options vary by location.

ROWI KIDS

PHP

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8-9	School/ADL	School/ADL	School/ADL	School/ADL	School/ADL Vanessa Wiebach
9-10	Executive Functioning	Executive Functioning	Executive Functioning	Executive Functioning	Executive Functioning
10-11 Snack 10:00-10:15	Social Skills	Anger Management	Social Skills	Emotion Regulation	Community Meeting
11-12	Moving with Purpose	Body Awareness	Expressive Arts	Moving with Purpose	Distress Tolerance
12-12:30 Lunch	Mindful Eating	Mindful Eating	Mindful Eating	Mindful Eating	Mindful Eating
12:30-1:30	Music Therapy	Moving with Purpose	CBT/DBT Skills	Nutrition	Weekend Planning
1:30-2:30	Expressive Arts	Healing Arts	Moving with Purpose	Breathwork	Moving with Purpose

Most insurance plans accepted.

ROWI KIDS equips children with vital life skills - from emotional intelligence to conflict resolution - preparing them for various life challenges.

We emphasize growth learning and self-discovery by establishing a strong foundation during childhood.

We are paving the way for a generation that's resilient, compassionate, and ready for the world.

