WHICH OF THESE FEEL TRUE FOR YOU?

Are you living with a teen or young adult with ADHD, autism, or both – who is bright and capable, but not functioning independently?

Are you exhausted, worried, or quietly asking yourself, "What did we miss?"

Have therapy, medication, or evaluations helped somewhat – but not enough to change daily life?

Do you want your child's progress to look like small, real wins that build capacity over time?

Do you need support as a parent – not just advice or being told to "set boundaries"?

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FAMILY OF NEURODIVERGENT SERVICES AND PRODUCTS

FOR TEENS AND YOUNG ADULTS

What Level of Support Does Your Family Need Right Now?

TIER 1

START FOR FREE: SAFETY AND RELIEF

- Free Monthly Newsletter
- Free 15-Minute Consultation
- Parent Circle Free Session

TIER 2

EDUCATION CHANGES EVERYTHING

- Parent Circle Subscriptions
- Neurospicy: A Parent Empowerment Book
- Neurospicy Parenting Course

TIER 3

TREATMENT: WHEN INSIGHT ALONE ISN'T ENOUGH

- One Hour Paid Parent Consult
- The Thrive Launchpad
- The Teen Group
- The Village

HOW CAN WE SUPPORT YOU?

TIER 1
START FOR FREE: SAFETY AND RELIEF

FREE MONTHLY NEWSLETTER -- Feeling overwhelmed and unsure where to start?

The Neurospicy Navigator shares practical, experience-based strategies for families navigating executive function, emotional wellness, transitions, and life skills for teens and young adults.

FREE 15-MINUTE CONSULTATION -- Want to briefly talk with a professional who understands neurodivergent young adults and parent burnout?

A brief call with a Thrive expert to clarify your goals, discuss concerns, identify next steps, and see which supports may be the best fit for your family.

FREE SESSION -- THRIVE NEURODIVERGENT PARENT CIRCLE -- Do you feel isolated and wish you could talk with other parents who truly "get it"?

TIER 2
EDUCATION CHANGES EVERYTHING

THRIVE NEURODIVERGENT PARENT CIRCLE -- Ready for ongoing monthly support to feel less alone and more confident at home?

Subscription parent groups offering shared learning, skill-building, and real-world strategies in a supportive community.

BOOK — NEUROSPICY: A PARENT EMPOWERMENT GUIDE -- Want a brain-based explanation for what's underneath "lazy," "unmotivated," or "not trying" — and tools that actually help?

A strengths-based guide to understanding neurodivergent brains, reframing challenges, and using practical, empowering approaches at home.

COURSE — EMPOWERING NEUROSPICY INDIVIDUALS AND FAMILIES -- Want a self-paced, in-depth course on the roots of neurodivergence (biology, stress, development) plus practical home strategies?

Structured learning on the biology of neurodivergence, communication, life skills, resilience, and independence grounded in clinical and lived experience.

TIER 3
TREATMENT: WHEN INSIGHT ALONE ISN'T ENOUGH

1-HOUR PARENT CONSULT -- Need a customized, expert-guided action plan — not just more appointments?

A focused, in-depth session to address your most pressing challenges. We clarify what's driving the difficulty and create a practical, developmentally appropriate action plan you can use at home right away, with clear next steps and supports.

THE THRIVE LAUNCHPAD -- Want coordinated services addressing multiple challenges at once so you're not piecing support together alone?

Coordinated, individualized services to build emotional, life, and vocational skills, including:

- ADHD/ASD evaluations
- Executive function coaching
- Electronics overuse detox
- Talk therapy
- Parent coaching & family therapy
- Job & career readiness
- Medication management

THE TEEN GROUP -- Does your teen need structured peer support to build social confidence, emotional regulation, and executive functioning?

This group offers a supportive, guided environment where teens practice managing emotions, strengthening organization and planning skills, and developing confidence in social interactions alongside peers.

THE VILLAGE

Need the highest level of support — a long-term therapeutic community that integrates emotional health, executive function, social growth, and family work because piecemeal care hasn't been enough?

Thrive's flagship life-skills and launch program combining therapeutic support, peer community, experiential learning, and structured skill-building to prepare neurodivergent young people for independent adulthood.