

Get support with the tough stuff and help your child thrive

No costs attached. No insurance required. No referrals needed.

BrightLife Kids is California's new virtual behavioral health program* that provides free support to all families with kids ages 0–12.

We offer

- Private 1:1 coaching** with video and chat
- Personalized digital tools
- Guidance and referrals to community resources



BrightLife Kids coaches*** help with things like

Ages 0–4

Milestones, sleep,
and tantrums

Ages 5–8

Big feelings, friends,
and self-esteem

Ages 9–12

Social media, peer pressure,
and study skills



SCAN HERE!



*BrightLife Kids is a CalHOPE program and is part of the Children and Youth Behavioral Health Initiative (CYBHI).

**BrightLife Kids is a free coaching program created by Brightline. Therapy is not included as part of the program.

***Some coaches speak both English and Spanish. Live interpretation services are available in 17 other languages.



brightlife.kids/ca



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