

Get support with the tough stuff and help your child thrive

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



BrightLife Kids is a CalHOPE program that is 100% paid for by the state of California. Middle-schoolers are often faced with new decisions, people, and situations. Families and kids work with coaches to improve relationships, build organizational skills, and strengthen self-confidence.

Coaching* is offered in private 1:1 video sessions and via secure chat. Families are matched with a dedicated coach, so there's no starting over each time. They can also access an on-demand digital library of articles and videos to help between each session.



BrightLife Kids helps

- Understand your middle schooler's moods and their underlying needs
- Build self-esteem, learn to trust themselves, and develop empathy
- Increase organization and study skills
- Continue to develop trust and communicate openly with your child

BrightLife Kids coaches

- **Are bilingual in English and Spanish;** families can receive coaching in 17 other languages** with the help of interpreter services
- **Come from diverse backgrounds** (just like the families they work with) and are sensitive to different cultures, traditions, and values
- **Specialize in personalized coaching for kids** and families and know when it's time to refer families to a higher level of support in the community

SCAN HERE!



*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/learn



888-275-5357