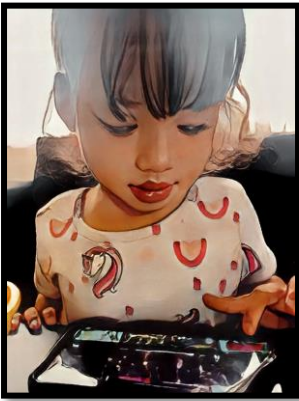


Healthy Mind HAPPY HEART!

Looking for support in sorting through tough times? They offer safe and secure spaces, on-demand chat and video support for you and your child to navigate anxiety and build resilience. Sign up today and take the first step towards a brighter tomorrow!



Everything BrightLife Kids offers* is fully paid for by the State of California. Together, we are working to ensure all California families can find the behavioral health support they need, when they need it. If you have a California zip code and a child ages 0–12, you're qualified. We're here for everyone — and free for everyone.

Infant/Toddlers - Coaching for new(ish) parents/caregivers.

Learn about developmental milestones, manage separation anxiety, build patience, get kids to try new things, discover strategies for better sleep, and so much more.

Kids - Coaching for kids and their parents/caregivers.

Work on how to express big feelings like sadness, worry, and anger in healthy ways, encourage age-appropriate learning, balance alone time with social time, and so much more.

Tweens - Coaching for preteens and their parents/caregivers.

Learn to set boundaries on social media, manage peer pressure, nurture your tween's growing sense of independence, build self-esteem, confidence, and inclusivity, and so much more.

Tantrum **ADHD**
Anxiety **Transitions**
Relationships **Depression**
Sleep issues **Autism**
Confidence **Stress**

[Sign up for free Here](#)