



Support for families navigating neurodiversity

Every neurodivergent child brings a unique spark to their family. At **BrightLife Kids**, we help parents celebrate that spark while building practical systems to create more calm and connection. While therapy and diagnosis are important milestones, we focus on the everyday moments, empowering parents and caregivers to build a home life where every family member can truly thrive.

How we help families thrive

BrightLife Kids offers free behavioral health coaching for California families with children ages 0–12. Our coaches help caregivers with:

- Daily routines & structure** Building predictable schedules that reduce stress and smooth transitions
- Behavior & emotional regulation** Teaching positive behavior supports to reduce meltdowns and power struggles
- Executive functioning & independence** Supporting planning, organization, and follow-through
- Sensory & environmental support** Creating sensory-friendly routines and spaces
- Strengths-based parenting** Reframing behaviors through a neurodiversity lens

We do not provide diagnostic evaluations, clinical therapies (ABA, OT, speech), medication management, or prescribing. Our coach specialists will refer you to the right resources for clinical services.

Why our partners trust BrightLife Kids

- All coaches are Violet-verified providers
- We have programs tailored to autism support
- Grounded in evidence-based, strengths-first approaches
- No waitlists
- We partner with all 21 Regional Centers across California



Refer a family today

BrightLife Kids is a free behavioral health resource available to all families in California with children ages 0–12, and includes:

- Personalized coaching via video sessions and secure chat
- On-demand articles and videos to support behavioral health
- Bilingual (English/Spanish) coaches and live translation in 17 languages
- Care coordination services to connect families to additional resources
- Peer communities

No cost. No insurance. No referral required. brightlife.kids/ca