

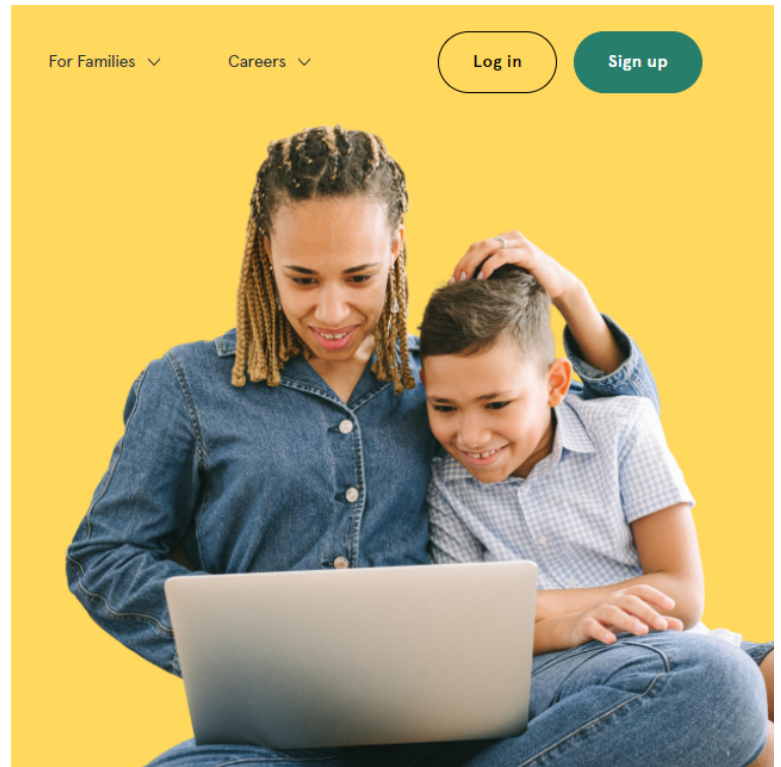
COACHING

# Brightline Coaching for the everyday tough stuff

Get support for the daily challenges and build skills that can help your child thrive in as few as four weeks

Get started

Want to speak with someone now? Call (888)-224-7332 to learn more about Brightline's services.



## We get by with a little help from our Brightline Coach

Brightline Coaching gives you access to support for everything from tantrums that won't quit to big worries and anxiety – so that your daily life can feel way less stressful.

- ✓ 30-minute sessions
- ✓ Parent coaching for those with young kids
- ✓ Programs for kids and teens

Book a session



## Why families love Brightline Coaching



It's only been a few sessions, and my child is already starting to recognize when their anxious thoughts might be 'false alarms.'

– Brightline Parent

## Is Coaching or Therapy right for your family?

### Brightline Coaching

\$60 per session

30-minute sessions

- ✓ 1:1 video visits with an expert behavioral health coach
- ✓ Focused on skill-building for everyday challenges
- ✓ Programs to help families tackle anxiety, stress, disorganization, and more

### Brightline Therapy

\$180 per session

50-minute sessions

- ✓ 1:1 video visits with licensed therapists and psychologists
- ✓ Personalized care for common conditions including anxiety, depression, ADHD
- ✓ Medication support when needed, paired with therapy for better outcomes

[Learn more](#)

## Get the right support for your family

Browse our Coaching programs below and click to create your free account and get started!

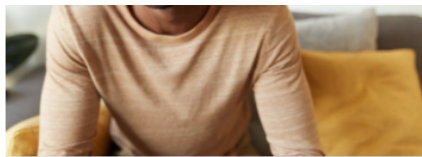




AGE 4-17 • AVAILABLE NOW

## NEW! Social emotional learning

[Get Started >](#)



AGE 6-17 • COMING SOON

## NEW! Stepping into self-worth

[Get Started >](#)



AGE 6-17 • AVAILABLE NOW

## Navigating tough transitions

AGE 6-17 • AVAILABLE NOW

## Boosting confidence

[Get Started >](#)



# Ready to get started?

Book your first Brightline Coaching session for as soon as this week.

[Book now](#)

### Join our newsletter

We're growing fast. Sign up for news and updates!



#### Contact

[\(888\) 224-7332](tel:(888)224-7332)

[info@hellobrightline.com](mailto:info@hellobrightline.com)

#### If you, your child, or someone you know is in crisis

Call 911, go to the nearest emergency room, or reach out to the following national resources. You're never alone.

[Call 1-800-273-TALK \(8255\)](tel:1-800-273-TALK) to reach a 24-hour crisis center.

[Text 741741](tel:741741) to reach the Crisis Text Line.

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