

Mental Health Awareness Month at



Turn awareness into action!

Check out how BrightLife Kids is celebrating:

Webinars:

- **5/1/25:** Invite parents to our [Navigating Fear and Uncertainty Webinar](#) in Spanish!
- **5/22/25:** Join our [Digital Wellness Monthly Webinar](#)

Events:

- **5/22/25:** Celebrate our very first [BrightLife Kids Day in San Diego!](#)
- **Reach out** to ce@hellobrightline.com to invite us to events in your community

Social media:

- **Follow us** on [Instagram](#) and [Facebook](#) for weekly posts in honor of this month!

Content:

- **Get informed** with weekly articles that will be posted on our [Digital Toolkit Page!](#)
- Leverage **assets** digitally and for print [here](#) as well!



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