

# BrightLife Kids

A CalHOPE program by Brightline

## 2024 Webinar Calendar



January

February

March

April

May

June

**Black History Month Webinar:**

**Date:** Tuesday, February 20th  
**Time:** 11-11:45am  
**Title:** *"Breaking Cycles: Recognizing black childhood trauma, understanding how to heal"*  
**Description:**

**Interested in the recording? [Click](#)**

**Educator Webinar**

**Date:** Wednesday, March 27th  
**Time:** 11-11:45am  
**Title:** *"Communication: Transform parent-teacher communication with mindset and motivational interviewing."*  
**Description:** Equipping educator and health professionals with evidence-based communication strategies to strengthen partnerships with parents and enhance their roles in identifying children who may benefit from behavioral health services.

**Autism Awareness Month**

**Date:** Monday, April 2nd  
**Time:** 11-11:45am  
**Title:** *"Autism: Spotting symptoms, creating strategies, and finding support with BrightLife Kids"*  
**Description:** Explore practical solutions and gain valuable insights to better navigate the journey of supporting children with autism. Don't miss this opportunity to enhance your understanding and make a positive impact!

**Mental Health Awareness Month**

**Date:** Wednesday, May 8th  
**Time:** 11-11:45am  
**Title:** *"Digital Wellness: Developing healthy habits for screens & social media"*  
**Description:** Learn evidence-based strategies to create healthy habits and create a digital well-being philosophy for your home.

**Pride Month**

**Date:** Wednesday, June 5th  
**Time:** 11-11:45am  
**Title:** *"Parenting with Pride"*  
**Description:** Being an ally for your child is important. You want to do your best, but sometimes you're not sure what that looks like. Learn healthy ways to support and advocate for your child — and how to talk to your kids about these topics. A primary focus will be on parenting kids that may be outside heteronormative cultural standards. We will also discuss age-appropriate expectations around gender identity, gender expression, and sexual orientation

Q3-Q4 2024

July

August

September

October

November

December

### Summer Break

**Date:** Wednesday, July 10th

**Time:** 11-11:45am

**Title:** *“Fragile to Fearless: Raising Kids with psychological flexibility and growth-minded confidence”*

**Description:** Learn tips, strategies, and tools on how to parent kids with low self-esteem and low confidence to be confident in an uncertain world.

### Back to School

**Date:** Wednesday, August 7th

**Time:** 11-11:45am

**Title:** *“Back to School Stress & Blues” (Parent-Focused)*

**Description:** Starting a new grade or school can be exciting — and completely anxiety-inducing. BrightLife Kids supports parents and caregivers as they help their kids manage the big feelings that can come along with big changes.

### Back to School

**Date:** Wednesday, September 4th

**Time:** 11-11:45am

**Title:** *“Back to School Stress & Blues” (Teacher-Focused)*

**Description:** Starting a new grade or school can be exciting — and completely anxiety-inducing. BrightLife Kids supports teachers as they help their students manage the big feelings that can come along with big changes.

### World Mental Health Day

**Date:** Thursday, October 10th

**Time:** 11-11:45am

**Title:** *“Raising Healthy and Emotionally Intelligent Kids”*

**Description:** Tips and strategies to prioritize wellness and social emotional learning skills in your family

**Date:** Pending  
**Time:** Pending  
**Title:** *“My Child Has ADHD, Now What?”*  
**Description:**

### Holidays + Stress

**Date:** Wednesday, November 13th

**Time:** 11-11:45am

**Title:** *“A Parent’s Guide to Better Communication for Family Unity”*

**Description:** Learn evidence-based communication tools so your family can be on the same page with purpose.

### Holidays + Stress

**Date:** Wednesday, December 11th

**Time:** 11-11:45am

**Title:** *“It’s Okay to Not Be Okay”*

**Description:** How to parent through grief, stress, and big emotions this holiday season.