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MENTAL HEALTH IS
COOL!



MAKING BETTER CHOICES

IT'S TIME TO TAKE ACTION!

Balancing Life & Kids' emotional development program- labeled the L.I.H.T. Program- offers tweens and teens the ability to learn about how their emotions, hormones, and bodies play a huge role in the daily decisions that they make.



BALANCING LIFE & KIDS, INC.
BLK
LIFE & KIDS

YOUTH

MENTAL

HEALTH

PROGRAM

WWW.BALANCINGLIFEANDKIDS.COM

WHAT WE

DO



We aim to educate young people on how they can make healthier & more informed decisions

Through group sessions filled with open conversations, hands on activities, and lots of fun, we provide youth with the tools and information that they need to learn how to process, understand, and better deal with their emotions. The best and worst decisions are made based upon the emotions that we are feeling in the moment. It's time we teach out young people how to make better decision.

HOW YOU CAN
HELP



PARTNER WITH BLK!

A partnership with us will allow our licensed and trauma-informed professionals create a safe environment for your youth to get the information that they need



REFER STUDENTS FOR THERAPY

BLK provides traditional & non-traditional therapy to students, adults, and families to help them learn how to deal with the stressors in their lives

WHY

WE

DO

IT!

Every day, students are affected by situations happening all around them in ways that we adults sometimes do not understand or may even overlook; this program aims to allow the youth and young adults to process these situations, create healthy coping mechanisms to deal with highly stressful situations, and empowers them to change their mindset on life to go after anything they want.