



When kids feel better, they do better.

Helping kids build confidence, resilience, and emotional wellbeing.

Trusted Online Family Therapy That Helps Kids Thrive

Daybreak offers family teletherapy for children ages 5-12 - helping families strengthen communication, confidence, and connection at home and school.

Trusted by over 100 school districts nationwide, Daybreak provides **caring, confidential mental health support designed** to help kids grow emotionally and do better every day.

Skip the waitlist - sign up for family therapy with Daybreak today.



How we Work Together

Just like physical health, your emotional health matters too.



Parents and kids meet with a licensed therapist together



Parents get coaching and easy, practical tools to try at home, and students benefit from play therapy each session



Families practice new skills to strengthen connection and communication together

“Daybreak has helped me understand my child - being able to understand each other was crucial to building a healthy relationship.” - Daybreak Elementary Parent

You're there for your child. But you don't have to do it alone.



Request care for your child

Why Families Choose Daybreak

- Strengthens family connection and routines
- Builds emotional and coping skills for kids
- Helps reduce stress and big feelings at home

Services are billed through insurance, and in some districts, therapy may be fully covered through school partnerships.



Sessions available 8 AM - 8 PM, Monday through Saturday



Scan to get started.