

Sometimes a good night's sleep is hard to come by.

And the more you need it, the harder it is to get.

But what keeps most of us up at night is different than what keeps WestCoast's children up at night.

Like where they're going to live tomorrow. Or who they will be living with? Will they be safe?

At WestCoast, one-third of the children we see don't sleep at night.

They suffer the kind of insomnia that makes them miss school. Sleep in class. Or worse.

But there's good news.

After six months of therapy, 70% of the children who come to WestCoast begin to sleep through the night.

Think about the possibilities.

Sleep. Stay awake in school. Graduate.

We can start to imagine something good happening.

There's more.

95% of WestCoast kids live in poverty.

75% have suffered the kind of abuse that lands you in foster care.

But still, they believe in a better future.

They are resilient. Resourceful. By their own account, 73% are optimistic. They have goals.

And we help with that.

That's big.

We'd all like to end poverty. Eradicate abuse.

We can start by helping kids sleep through the night.

Build on their strengths. Make good on their dreams.

Succeed.

Kids can't do this alone.

Neither can we.

You are part of the solution.

Join us.

We will all sleep better.

Stacey Katz,
Executive Director



We are grateful for your support.

WestCoast Children's Clinic Staff

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On behalf of the 1600 children we serve each year.



WESTCOAST CHILDREN'S CLINIC

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