

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

How To Contact Us

If you would like more information regarding the Building Bridges project or would like to make a referral, please contact us at:

Family Action Bradford
207 Cutler Heights Lane
Bradford
BD4 9JB

Tel: 01274 651652
Fax: 01274 782020



Family Action
Bradford
Building Bridges Project

Supporting families affected by mental health problems

supporting families since 1869

Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251
Fax 020 7249 5443 info@family-action.org.uk www.family-action.org.uk
Registered charity n° 264713.

What We Do

The Building Bridges Project works with children, parents and carers on an individual or family unit level for up to 8 weeks.

The overall aim of the Building Bridges Project is to work alongside children and families/carers to promote positive mental health within families. This is done by identifying support needs, and assisting individuals/families to develop more helpful coping strategies.

We can offer:

- Individual and family support
- Parents' Support Group
- Young people's summer activity groups
- You can also take part in our Service User advisory group

How We Work

At Building Bridges we work in a solution focussed way.

We focus on what our clients want to achieve by helping them identify their strengths and skills.

We also practice using cognitive behavioural therapy (CBT) and play therapy techniques.

We cover the following areas:

- Self-esteem and confidence
- Strengthening relationships
- Promotion of positive mental health and understanding identity
- General support and listening
- Routines and boundaries
- Child development
- Promote wider links with community and support services and resilience and practice of self-help skills
- Communication skills
- Encourage recovery

How To Make A Referral

The Building Bridges Project will accept referrals from any source, including self-referrals.

Building Bridges offers a confidential service, however, on occasions some information may be shared with others.

What You Can Expect From Us

We aim to work alongside people in a respectful manner. We also work in a way which is culturally sensitive and anti-oppressive.