

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.

Contacting the Family Crisis: Building Bridges Project:

If you would like more information regarding Family Crisis: Building Bridges or would like to make a referral, please contact the Building Bridges Team on:

Tel: 01274 651652

Fax: 01274 782020

Family Action Bradford
207 Cutler Heights Lane
BRADFORD
BD4 9JB

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.



Family Action
BRADFORD
Family Crisis:
Building Bridges Project

Supporting families affected by mental health problems

supporting families since 1869

Building Bridges provides:

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.

What kind of area we cover:

- 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

Making a referral:

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.