



# Therapy Group

## For parents who are worried about their adolescent's mental health

Parenthood can bring huge challenges and adolescence is a particularly testing time. If your teen is struggling with mental health it can add to the pressure.

This group is an opportunity to meet and work with other parents experiencing similar issues. It takes place in a safe environment where these difficulties can be explored and understood. The aim of the group is to support its members to feel better resourced and more robust.

## Register your interest now for our popular parent group!



0117 942 4510



[info@bridgefoundation.org.uk](mailto:info@bridgefoundation.org.uk)



[www.bridgefoundation.org.uk](http://www.bridgefoundation.org.uk)

**Weekly - Thursdays 4:00-5:30pm**

Subsidised rates: minimum donation £10 per session (max. donation £30) with a free initial consultation.

Sessions take place at

**The Bridge Foundation, 12 Sydenham Road, Cotham, Bristol BS6 5SH**



## Feedback from previous group members:

"My expectations for a safe space to discuss and explore issues around my teenager's mental health were definitely met."

"Meeting other parents going through similar struggles has been helpful. Sharing experiences helped me feel less alone."

## Who will I be seeing?

There will be a maximum of 10 parents. The group will be facilitated by two therapists at the Bridge Foundation – led by Anita Bradford, an experienced therapist and group facilitator.

## How do I know it's right for me?

Anita will meet with you for a free consultation initially online or by phone before the group starts, to explore your needs and help you decide if the group is right for you.



**Anita Bradford**  
Senior Therapist

## How much will it cost?

Members will need to commit to attending this weekly group for the full 10-session duration - see dates below. We ask for a minimum donation of £10 per session. Group members will not be refunded for missed sessions unless due to cancellation by The Bridge Foundation. An initial meeting with the group leader is provided at no extra cost.

## What next?

If you are interested please get in touch to arrange an appointment with the facilitators at [info@bridgefoundation.org.uk](mailto:info@bridgefoundation.org.uk) or call 0117 9424510.

**Starting Thursday 11th January 4:00-5:30pm**

**Course Dates: 11th, 18th, 25th January; 1st, 8th February**

**Break for half term**

**22nd, 29th February; 7th, 14th, 21st March**

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