


Parent or carer looking to get back into work?



Our friendly team can help you achieve your goals towards work or training.

We offer free one to one support and guidance for parents and carers on:

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|---|---|
|  CV building |  Support & help with money issues |
|  Work, training & volunteering |  Up to 12 weeks counselling and peer support groups |
|  Health and wellbeing |  Life skills |



Eligibility criteria

Bright Horizons is available to parents and carers* who are:

- not currently in employment,
- living in West or South Leeds, and
- over 16 years old (up to 25 with an EHCP plan).

*parents of children under the age of 18

Get in touch

To refer in or for more details please contact us:
bright Horizons@barca-leeds.org

Visit our website:

barca-leeds.org/services/Bright-Horizons



Bright Horizons is funded by the National Lottery Community Fund and is delivered by a partnership of Barca-Leeds and Health For All.

