

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:



CV building



Work, training & volunteering



Health and wellbeing



Support and help with money issues



Up to 12 weeks counselling and peer support groups



Life skills

Eligibility criteria

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

- not currently in employment,
- living in West or South Leeds.

*parents of children under the age of 18 (up to 25 with an EHCP plan)

Get in touch

To refer in or for more details please contact us:

West: 07842 410 828

South: 0113 2706 903

BrightHorizons@barca-leeds.org

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



Visit our website:

barca-leeds.org/services/Bright-Horizons

