



Bradford

Kids Time  
Workshops

Friendly workshops  
for families where a  
parent has a mental  
health difficulty

#### Location and times

KidsTime Workshops take place on the second  
Thursday of the month, 5pm – 7.30pm at:  
East Family Hub,  
365 Barkerend Road,  
Bradford, BD3 8QX

#### Transport

During the week of the workshop we'll be in  
touch to find out whether you need a taxi.

#### Confidentiality

Everything discussed is always confidential, unless we  
think you or your child are at risk.

#### Register to join a workshop

Please discuss with a member of your care team for further information in how to access  
these workshops.

Workshops supported by

Our Time

for children of parents  
with a mental illness

Free info and advice at  
[ourtime.org.uk](http://ourtime.org.uk)