



# Lasting Support Services Building Bridges

A creative arts program for children and young people in Ealing.

Building Bridges is committed to providing therapeutic services to children and teenagers aged 4-18 who may have suffered from domestic violence or harm in their households.

These sessions will take place **every Thursday** at the **Dominion Centre**, located at **112 The Green, Southall, Middlesex UB2 4BQ**, starting at **4:30 PM**.

## Group Art Therapy

Led by experienced therapists, our sessions help to express emotions through art in a safe and supportive environment. Our therapy sessions are specially designed for children and emphasize creativity as a way to communicate and process emotions.

## MMA Sports Therapy

MMA Sports Therapy is run by professional cage fighter **Mighty Mobs** empowers children and young people through MMA training, fostering physical and mental well-being, and building life skills, confidence, and resilience.

## Parental Wellness Support Sessions

While the children participate in their sessions, we extend a warm invitation to parents to engage in our wellness and support sessions. These sessions are thoughtfully facilitated by our expert team, offering a space for discussions and mutual support.

Get in Touch With Us

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