

BUILDING BRIDGES

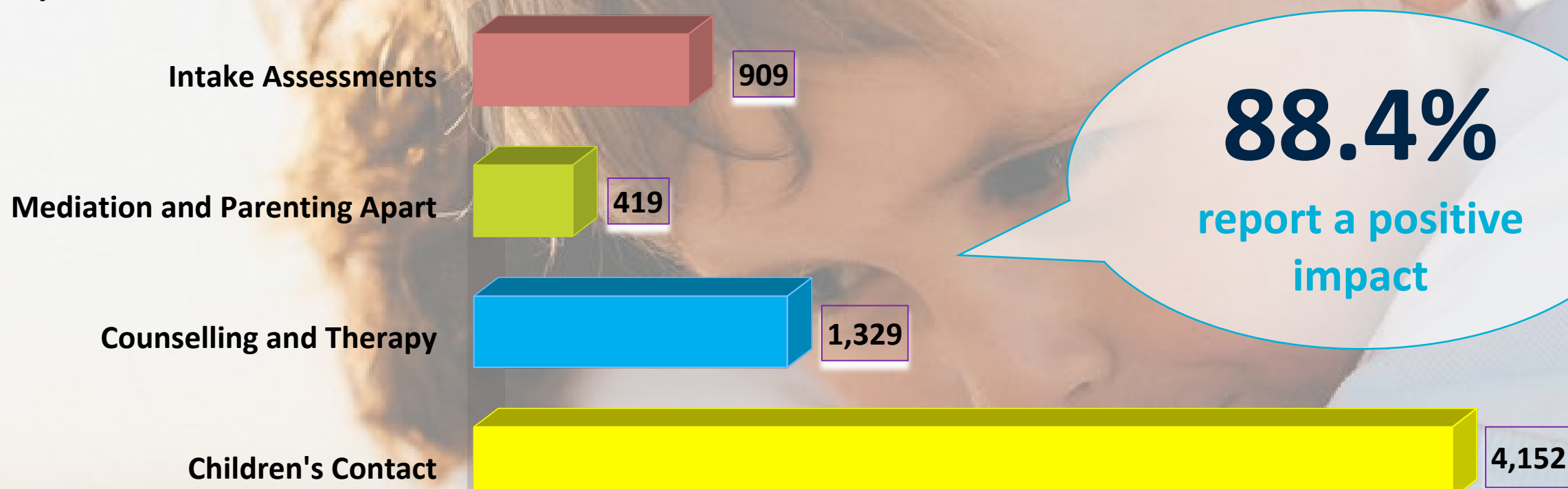
COUNSELLING, MEDIATION & FAMILY SUPPORT ACROSS TAYSIDE & FIFE

2025-2026 OUR HIGHLIGHTS

539 new referrals
1,348 new beneficiaries

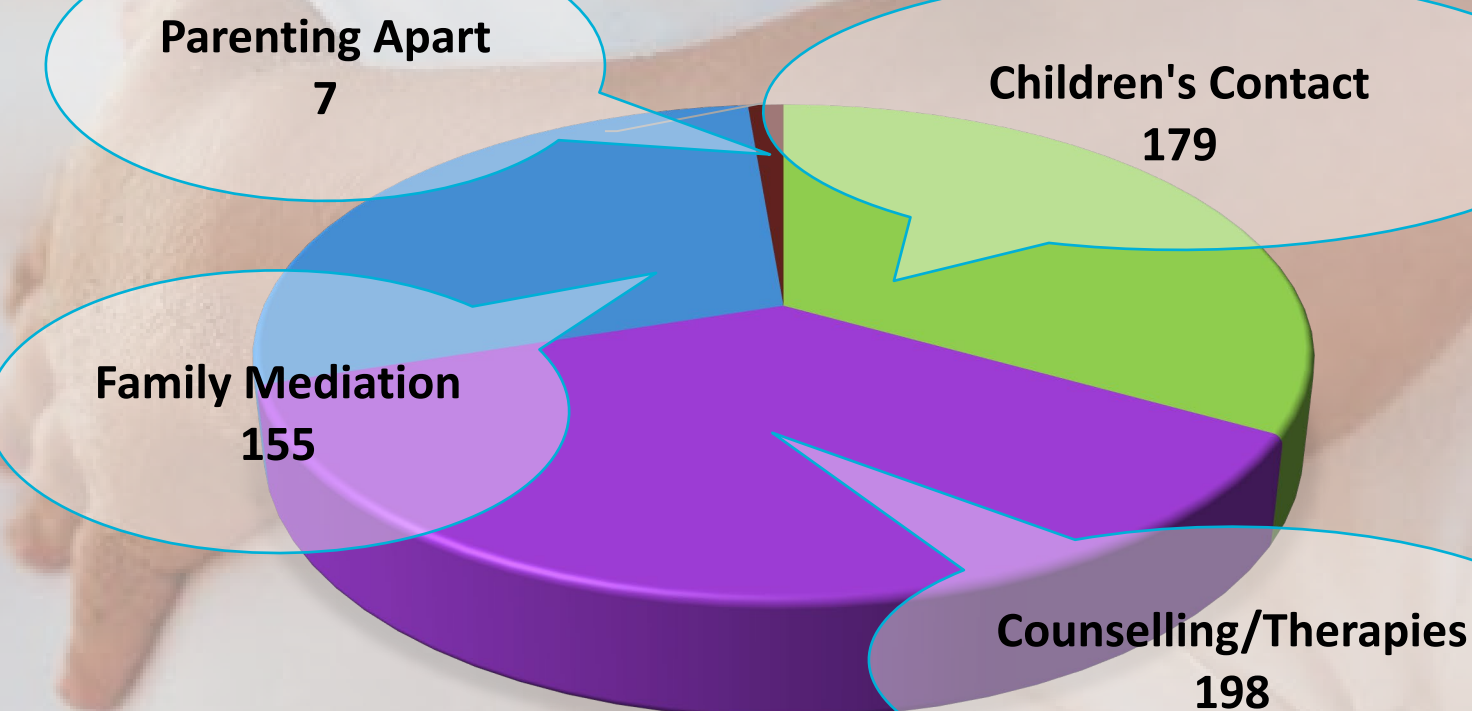
94% of
beneficiaries would
recommend us

6,809 SESSIONS



88.4%
report a positive
impact

OUR VALUES
Professionalism
Respect & empathy
Impartiality
Diversity
Empowerment



539 REFERRALS

Feedback

MEDIATION:

“I was able to say my opinions... and this time he was listening... It helped me to grow emotionally.”

“Safe place to speak and make agreements.”

“As a family, we understand each other much better.”

“Felt listened to and able to make clear plans for co-parenting our children.”

COUNSELLING/THERAPY:

“My self-awareness has deepened & I am understanding myself a lot more – it has made parenting easier as I understand my children better.”

“Invaluable for children going through hard times. Therapist took time to understand the background and kept me up to date with progress reviews. I believe it has helped my child process his grief more than if it was just me alone helping him.” (parent)

“The service is very genuine & enjoyable - very professional & helpful.”

“Helped me understand my emotions and how to control them.”

CHILD CONTACT:

“Without the contact centre being involved things wouldn’t have gone as smooth... it helped me get my son back.”

“Allowed a safe and fun space for my kids to be reintroduced to their father.”

“Helped me and my two boys start our relationship again... we are all so thankful.”

“If it weren’t for the centre, I’d have never seen her... now we have a great relationship.”

Across all services, beneficiaries’ feedback consistently point to:

- Improved emotional wellbeing and confidence
- Reduced conflict and better communication between parents
- Children feeling safer and coping better
- Stronger relationships

