



BRIGHT LIFE FAMILY CENTRE

.....Empowering Lives, Rebuilding Futures!

Information Brochure

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Our Mission

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We empower and give support and hope to families & individuals by helping them work toward positive, progressive change with our scripture based, creative arts, counselling, educational services.

Our Core & Foundation

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Morality - We hold fast to good moral practices in all our endeavours exercising and exemplifying these meaningful qualities and values: Love & Respect, Sincerity & Integrity, Faithfulness & Resilience, Kindness & Goodness, Empathy, Gentleness & Humility, Hopefulness & Courage, Wisdom & Self-control.

Excellence - We are professionals and strive always to give our very best and utilise our best tools and products in service. Our trained and experienced staff are committed to providing a safe, non-judgmental, non-discriminative environment where the needs of all our clients are met. We also professionally manage and respect your right to privacy and confidentiality and consider your own autonomy and legal frameworks for managing disclosure.

Integrity - We are respectful of your human rights, dignity and accepting of the diversity of your culture and life experiences without prejudice.

Who we are...

Bright Life Family Centre (BLFC) is a Non-Governmental Social Enterprise based in Barbados established primarily to address a range of psychosocial, emotional and behavioural issues that many families and individuals face daily. We provide professional Counselling and Educational services and events that empower lives and rebuild hope for brighter futures. We aim to support and partner with a wide community of individuals, families, businesses within Barbados and abroad sending excess profits to community organisations and charities. Ultimately, we are geared towards helping those in need work towards positive and progressive change.

Who we serve...

BLFC primarily targets families and individuals who have been hindered, burdened and broken by major psychosocial [Psychological + Social] issues & or past traumatic experiences that lead to undesirable behavioural issues.

BLFC also pays special attention to the development of families and individuals from various vulnerable and underserved populations (e.g., Families stricken by poverty), through the execution of major socially driven ventures and projects.



BLFC Goals...

Our goals are focused around two main social entities:

The Family System

- ◆ To encourage positive thinking among family members during difficult situations.
- ◆ To help improve the psychosocial state of individuals who have given up on the process of advancement.
- ◆ To encourage the individual growth and development of family members.
- ◆ To Empower individuals to regain control of themselves in situations that are seemingly "spiralling out of control".
- ◆ To help prevent the breakdown of family systems by offering support where needed.
- ◆ To restore hope and help strengthen family relationships.
- ◆ To develop a network of support, referral and self-help services with preventative and educative purposes for families.

Social Communities

- ◆ To encourage sustainable growth within targeted families.
- ◆ To enhance communities by strengthening its family units.
- ◆ To be an agent of change in surrounding communities.
- ◆ To help support and partner with other community based organisations and charities who also serve families.



Our Services

Counselling & Therapeutic Services

Our trained, professional counsellor works with individuals, couples and families, children to adults, offering a range of traditional and non-traditional counselling & therapeutic services. All of our methods are scripturally based and take a wholistic approach by supplementing growth in the major areas of our clients' development.

Traditional Counselling Services

◆ Arubah Life Group Counselling

- ~Group Talk Therapy
- ~For Individuals
- ~Ages 18+

◆ Break Through Counselling

- ~Talk Therapy
- ~ For Individuals, Couples, Families
- ~Ages 12+

Untraditional Counselling Services

◆ Art Counselling

- ~Expressive Art Therapy
- ~For Individuals, Couples
- ~Ages 4+

Therapeutic Programmes & Events

- ◆ Adults Art Express Workshop Series
- ◆ Arubah Life Groups Summer Programme (Ages 18+)
- ◆ Children's Art Counselling Intervention Programme (Ages 4-17yrs)
- ◆ Journey To Break Through Counselling Programme (Ages 12+)

Education & Research

Through careful research, we design and develop effective pro-change, psycho-educational programmes, workshops and events for individuals, groups and family clients in need of assistance and empowerment. We also delight in any opportunity to aid other businesses and community organisations in their efforts to reach and assist their own target populations through:

1. Our Facilitation services - With our experience and expertise in a number of subject areas we welcome the opportunity to facilitate a session at your next of workshops or seminar.

2. Our Programme Design & Development services - We offer programme design and development services to those businesses and organisations in need of an innovative and creative solution(s) to effectively serve potential clients and current ones.

3. Our Staff Training services - We offer customised psycho-educational training sessions for your paid or volunteer staff members for improved productivity in your workplace.

4. Programme or Venture Partnerships - We welcome partnerships with those businesses/organisation with similar values & goals.



The Family Life Education Division

The Family Life Education Division (F.L.E.) operates within Bright Life Family Centre's (BLFC) "Education and Research Department" as a one-stop shop for the developmental and educational needs of the family institution within Barbados and the surrounding regions.

The Family Life Education Division also pays special attention to the psycho-social state of those families that reflect dysfunction, brokenness and the need for restoration. It is through encounters with such families that the division seeks to utilise unconventional, creative avenues to reach out and offer assistance.



The F.L.E. Division is managed by caring, qualified and highly skilled professionals who are enthusiastic about seeing great change and transformation take place within the minds and hearts of family leaders and the heads of households and by extension all family members. The Division's current focus is on Parent Education and is working to break barriers across Barbadian communities with its new parenting programme, The Parent Tales Family Community Programme.



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