

BRIDGES

PLB Funded Services



PLB : PRODUCTIVE
: LIVING BOARD
EMPOWERMENT ACROSS A LIFETIME

Bridges 
Community Support Services

ABOUT BRIDGES

Bridges Community Support Services provides counseling and support services for individuals and families in the St. Louis area and throughout Missouri. We are dedicated to helping each person identify and achieve their life goals.

We have more than **40 years** of experience under consistent leadership providing individualized services. Founded in **1984**, Bridges Community Support Services was the first organization in Missouri to offer what is now known as **supported living services** to people with physical and cognitive disabilities. Our work continually evolves in response to **unmet and under-met needs** in our community. We have returned to our roots in **counseling** and supporting individuals to live as **autonomously** as possible. We strive to foster continued **growth** in the lives of those we serve, ourselves, our colleagues, and our communities.



SHADE

Sexual Health and Disability Education

SHADE IS MORE THAN JUST SEX EDUCATION: IT TEACHES ABUSE PREVENTION SKILLS AND EMPOWERS INDIVIDUALS WITH DISABILITIES TO LIVE LIVES ENRICHED BY POSITIVE RELATIONSHIPS.

In SHADE, participants learn about:

- Boundaries and Consent
- Online Safety
- Healthy Relationships
- Reproductive Anatomy
- Safer Decision Making
- and more!

Participants practice skills to ensure personal safety and healthy boundaries, safely navigate their community, and develop connections to other necessary supports.

This year, SHADE has served **190 individuals** in St. Louis County, with **161** successfully completing the program so far.



4. Please leave any additional comments or feedback below:
I LOVE SHADE CLASS
+ THANK YOU SO MUCH!

Please leave any additional comments or feedback below:
THANK YOU FOR THE
INTERNET SAFETY AND ABUSE SAFETY

Please leave any additional comments or feedback below:
I am really glad they have this program.

6. Please leave any additional comments or feedback below:
I really learned a lot from
Ms. Samara on shade class
about you are allowed to say
no if someone is making you
uncomfortable.

COUNSELING

Working collaboratively and creatively to promote growth and healing

OUR SERVICES ARE TAILORED TO THE CLIENT AS EACH INDIVIDUAL AND EACH DISABILITY ARE UNIQUE. WE SUPPORT CLIENTS THROUGH THE STRESSES OF LIFE, DAY TO DAY CONFLICTS, AND MENTAL HEALTH CHALLENGES

Counseling sessions can help address:

- Self-esteem and Self-concept
- Relationship Issues
- Grief
- Trauma
- Mental Illness
- Emotion Regulation

In counseling, clients build skills that help them address emotional and behavioral symptoms, manage stress, and increase their ability to cope.

This year, Bridges has served **25 individuals** that otherwise would not have access to affordable counseling, with **20** making significant progress towards their goals.



COMMUNITY SUPPORT

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Bridges Community Support Services

Helping individuals build skills to promote independence and self-determination

COMMUNITY SUPPORT SERVICES FOCUS ON HELPING INDIVIDUALS WITH DISABILITIES PARTICIPATE MORE FULLY IN THEIR COMMUNITY. SERVICES ARE DEVELOPED AROUND EACH INDIVIDUAL'S UNIQUE STRENGTHS, GOALS, INTERESTS, AND SUPPORT NEEDS.

Community Support may include:

- healthy eating and meal planning
- housing and home management
- transportation skills
- employment services
- socialization and recreation
- budgeting and finances
- health and wellness
- emergency preparedness
- and more

Through Community Support, individuals build practical life skills, develop confidence, strengthen community connections, and gain support navigating everyday life.

This year, Bridges has served **20 individuals** with PLB ISLA services.



WHAT ARE CLIENTS SAYING?

Meet Oliver!

Oliver has been participating in ISLA services at Bridges since 2017. He has been supported by Blayney since 2022!

QUESTIONS?

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THANK YOU!

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