

## The Challenging Behaviour Foundation

The Challenging Behaviour Foundation (CBF) support people who care for someone with severe learning disabilities who has some 'challenging behaviours'.

They offer:

- Family support service : information and support about the needs of your family member with a severe learning disability
- peer support calls from a fellow family carer who can listen and understands what you're going through
- Carers' catch ups: informal chat groups with other families
- Family Carers' email network to share experiences, information and support with other families around the UK
- online information and resources

Last updated: November 12, 2021

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**Telephone:** 0300 666 0126

**Telephone note:** Family support line

**Telephone 2:** 01634 838739

**Telephone 2 note:** General enquiries

**Website:** <https://www.challengingbehaviour.org.uk/>

**Email:** [info@thecbf.org.uk](mailto:info@thecbf.org.uk)

**Twitter:** <https://twitter.com/CBFdn/>

**Facebook:** <https://www.facebook.com/thecbf>

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