



Parent/Carer Support Group

About Us:

The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: mhstparentsupport@bdct.onmicrosoft.com

Next Parents Support Group details: Tuesday 18th June 2024
Topic: “Supporting your child: Social media and online safety”.


BRADFORD AND CRAVEN
trailblazer **NHS**

Parent/Carer Support Group


Supporting Emotional and Mental Health



Tuesday
18th June



10:30am or
7:30pm



Held on Zoom
Please email the
address below

THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: SOCIAL MEDIA AND ONLINE SAFETY



In this months Parent Support Group, we will be discussing what social media is, how this may be used by children and young people and the potential impact that social media may have on emotional wellbeing. We will also think about strategies for keeping safe online.