



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 20th August 2024
Topic: “Supporting your child: Transition and the return to school”.


BRADFORD AND CRAVEN
trailblazer **NHS**

Parent/Carer Support Group


Supporting Emotional and Mental Health



Tuesday
20th August



10:30am or
7:30pm



Held on Zoom
Please email the
address below

THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: TRANSITION AND THE RETURN TO SCHOOL



In this months Parent Support Group, we will be reflecting on the upcoming return to school in September and how children and young people may be feeling. During the group we will discuss strategies around the potential anxiety and how to manage this.