



Healthy
Minds

Bradford District and Craven
Health and Care Partnership



Bradford District Care
NHS Foundation Trust

Parent/Carer Support Group

Supporting Emotional and Mental Health



Monday 18th
November

Please note day change



10:30am or
7:30pm



Held on Zoom

Please email the
address below

THIS MONTHS TOPIC:

SOCIAL MEDIA AND KEEPING YOUR CHILD SAFE



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.



mhstparentsupport@bdct.onmicrosoft.com