



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 21st January 2025
Topic: “Supporting your child: Autism and mental health”.



Healthy
Minds

Bradford District and Craven
Health and Care Partnership




NHS
Bradford District Care
NHS Foundation Trust

Parent/Carer Support Group


Supporting Emotional and Mental Health



Tuesday 21st
January



10:30am or
7:30 pm



Held on
MS Teams

Please email the address below

THIS MONTHS TOPIC: **AUTISM AND MENTAL HEALTH**



At this months Parent Support Group we will be discussing the relationship between Autism and mental health, how we can support children with Autism who are struggling with Mental Health challenges

 mhstparentsupport@bdct.onmicrosoft.com