



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 November 2023
Topic: “Supporting your child: Anger & frustration”.


BRADFORD AND CRAVEN
trailblazer **NHS**

Parent/Carer Support Group


Supporting Emotional and Mental Health



Tuesday
21st November



10:30am or
7:30pm



Held on Zoom
Please email the
address below

THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: ANGER AND FRUSTRATION



In this months Parent Support Group, we will be discussing anger and frustration. This session will include strategies to support your child when they are experiencing this emotion. This will include both younger and older children

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