

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 May 2025
Topic: "Anxiety: How to help your child".



Bradford District and Craven
Health and Care Partnership




Bradford District Care
NHS Foundation Trust

Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday 20th
May



10:30am or
7:30 pm



Held on
MS Teams

Please email the address below

THIS MONTHS TOPIC:

Anxiety: How to Help Your Child



Join us for this session where you will learn what anxiety is and the different types and symptoms. We will discuss coping strategies and gain peer support by having the opportunity of sharing experiences and learn various strategies how you may help your child.

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