Bradford District Care
NHS Foundation Trust

# Parent and Carer Support Group

From the Mental Health Support Team



Our online Parent and Carer Support Group offers a safe and welcoming space to explore ways of supporting your child's emotional wellbeing, and your own.

Each half term, we cover a new wellbeing topic inspired by the Five Ways to Wellbeing, and share practical tips and ideas. It's also a chance to connect with other parents, share experiences, and support one another.

The topic this half term focuses on: **Strengthening Healthy Relationships.**

This session will explore simple ways to strengthen communication, build trust, and maintain healthy relationships with your child and family. We will explore how small, everyday actions can make a big difference to emotional wellbeing at home.

Date: Tuesday 17th November
Times: 10:30am – 12:00pm or 7:00pm – 8:30pm
Platform: Microsoft Teams

To register your interest and receive a joining link, please email:
mhstparentsupport@bdct.onmicrosoft.com